

# Parks & Recreation

Winter/Spring 2015 Program Guide



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PARKS & RECREATION  
Nationally Accredited Agency &  
2013 Gold Medal Award Winner

Erie Parks &  
Recreation is  
Nationally  
Accredited!



Erie Parks &  
Recreation is a 2013  
National Gold Medal  
Award Winner!

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## TOWN OF ERIE | COMMUNITY RESOURCES

**AIRPORT:** 303-664-0633

**BOARDS & COMMISSIONS:** 303-926-2731

### COMMUNITY

Cemetery (Mt. Pleasant):	303-926-2731
Citizens Police Academy:	303-926-2800
Erie Community Center:	303-926-2550
Erie Community Library:	720-685-5200
Neighborhood Watch:	303-926-2800

### DEPARTMENTS

Administration:	303-926-2710
Community Development:	303-926-2770
Finance:	303-926-2700
Parks & Recreation:	303-926-2550
Police:	303-926-2800
Public Works:	303-926-2870
Economic Development:	303-926-2769
Human Resources:	303-926-2744

### EMERGENCY SERVICES

Emergency:	911
Fire Dept. Non-Emergency:	303-772-0710
Police Dept. Non-Emergency:	303-926-2800

### INFORMATION

Erie Gov't TV & Web Site:	303-926-2761
Public Information & Media:	303-926-2764
Public Records:	303-926-2731

### LICENSES & PERMITS

Building Inspections & Permits:	303-926-2780
Business Licenses:	303-926-2770
Dog Licensing:	303-926-2700
Special Events Permit:	303-926-2731

### PARKS & RECREATION

Erie Community Center:	303-926-2550
Active Adults 60+:	303-926-2795

### PLANNING & ZONING

Community Development:	303-926-2770
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### POLICE & COURTS

Code Enforcement:	303-926-2800
Municipal Court:	303-926-2851
Police Dept. Non-Emergency:	303-926-2800
Police Records:	303-926-2800

### WATER & WASTEWATER

Utility Billing:	303-926-2752
Water Conservation:	303-926-2870
Water Meters:	303-926-2880
Water Reclamation Facility:	303-926-2860

### VOTER REGISTRATION & ELECTION INFORMATION

Town Clerk:	303-926-2731
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[WWW.ERIECO.GOV](http://WWW.ERIECO.GOV)



[ENGAGE.ERIECO.GOV](http://ENGAGE.ERIECO.GOV)



[WWW.ERIECO.GOV/FACEBOOK](http://WWW.ERIECO.GOV/FACEBOOK)



[WWW.ERIECO.GOV/TWITTER](http://WWW.ERIECO.GOV/TWITTER)



[WWW.YOUTUBE.COM/ERIECOLORADO](http://WWW.YOUTUBE.COM/ERIECOLORADO)

# Mission, Policies & Staff

## PARKS & RECREATION DEPARTMENT MISSION

The Parks & Recreation Department inspires our community to come together, learn, grow and be active, healthy and well by delivering exceptional parks, open spaces, trails, facilities, programs and services.

## POLICIES

### COMMUNITY CENTER POLICIES

- All guests utilize the Center and participate in activities at their own risk
- Children ages 0-9 must be supervised by a guest 14 years of age or older, unless the child is participating in a Center supervised program; please see Guest Service for specific policies regarding fitness equipment and children.
- Please dress appropriately when in the Center. Shoes and shirts are required at all times (except in the pool). Non-marking shoes are required in the gymnasium, racquetball courts, and fitness studio. Proper swim attire is required in the pool area including mesh-lined trunks for males; swim suits for females (street clothes are prohibited). Athletic attire, including closed toe athletic shoes, are required in the fitness areas
- Guests are strongly encouraged to bring their own lock to secure clothing and valuables in lockers. Locks are also available for sale at Guest Service. Locks and property must be removed each night
- A valid form of identification is required for equipment check-out. Acceptable forms of ID include a Center pass, school ID, or library card. Driver's licenses, keys, and credit cards will not be accepted
- Smoking devices, tobacco, and weapons are prohibited in the Center
- Animals are prohibited unless service animals accompanying persons with disabilities
- Please be aware of and follow all posted Center rules and guidelines

### CODE OF CONDUCT

The Town of Erie expects reasonable and appropriate behavior from those who visit and use the facilities and participate in activities. The Parks & Recreation Department has established a code of conduct to ensure safety and enjoyment and reserves the right to deny admission and/or take disciplinary action against any individual violating the code of conduct. A violation includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff, possession of weapons of any kind, non-compliance with established policies and rules, an unlawful activity and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct.

### NON-DISCRIMINATION POLICY

The Town of Erie does not discriminate on the basis of age, race, sex, color, religion, national origin, disability, veteran status, sexual orientation or any other status protected by law.

### AMERICANS WITH DISABILITIES ACT

The Parks & Recreation Department is committed to supporting individuals with disabilities and we are happy to discuss any special accommodations or adaptations necessary for participation. Please contact the Center at 303-926-2550 for assistance requests or inquiries.

### WE TRY TO BE ACCURATE!

We make every effort to ensure the accuracy of the information in this guide. Information is subject to change.

## TOWN OF ERIE OFFICIALS AND STAFF

### BOARD OF TRUSTEES

<b>Mayor</b>	
Tina Harris	
<b>Trustees:</b>	
Jennifer Carroll	Janice Moore
Scott Charles	Waylon Schutt
Mark Gruber	Dan Woog

### TOWN OFFICIALS & STAFF

<b>Town Administrator</b>	
A.J. Krieger	
<b>Communications &amp; Marketing Coordinator</b>	
Katie Jenkins	

### PARKS & RECREATION DEPARTMENT STAFF

Parks & Recreation Director .....	Farrell Buller
Recreation Division Manager .....	Phil Moya
Administrative Coordinator .....	Amy Teetzel
Administrative Assistant.....	Ashley Burger
Active Adults 60+ Coordinator.....	Cindy Gerhardt
Aquatics Coordinator.....	Karen Newlon
Aquatics Specialist .....	Avalon Mays
Aquatics Specialist .....	Matt Brown
Fitness & Wellness Coordinator.....	Shondra Frogge
General Programs Coordinator.....	Megan Langerak
General Recreation Specialist .....	Sarah Driver
Guest Service & Member Relations Coordinator.....	Charlene LeRoy
Guest Service Lead.....	Erin Black
Guest Service Lead.....	Kory Nicholson
Sports Coordinator .....	Alexis Rankey
Sports Specialist.....	Matthew David
Special Events .....	Michelle Mendoza



# Center Information

## CONTACT INFORMATION

450 Powers Street  
P.O. Box 1110  
Erie, CO 80516  
303.926.2550  
www.erieco.gov/parksandrec

## 2015 CENTER HOURS OF OPERATION:

Monday - Thursday	5:30 a.m. - 9:00 p.m.*
Friday	5:30 a.m. - 7:00 p.m.*
Saturday	7:00 a.m. - 7:00 p.m.*
Sunday	8:00 a.m. - 6:00 p.m.*

\*Pool closes 30 minutes prior to the Center

## 2015 HOLIDAY HOURS:

New Year's Day	January 1	Closed
Easter Sunday	April 5	Closed
Memorial Day	May 25	8:00 a.m. - 3:00 p.m.
Independence Day	July 4	8:00 a.m. - 3:00 p.m.
Maintenance Week	August 15 - 23	Closed
Labor Day	September 7	8:00 a.m. - 3:00 p.m.
Thanksgiving Day	November 26	5:30 a.m. - 12:30 p.m.
Christmas Eve	December 24	5:30 a.m. - 12:30 p.m.
Christmas Day	December 25	Closed
New Year's Eve	December 31	8:00 a.m. - 3:00 p.m.

## FACILITY RENTALS

Looking for a place to hold your next function, meeting, or celebration? The multipurpose rooms, kitchen, indoor playground, climbing wall, gymnasium, fitness studio, and pool are all available for rental. For availability, please contact the Center. See page 42 for facilities and amenities.

## RACQUETBALL

- Racquetball reservations are taken 48 hours in advance by contacting the Center (No charge to passholders and day pass users)
- Racquetball goggles and racquet wrist straps are highly recommended
- The length of time for a court reservation is 1 hour

## EQUIPMENT CHECK OUT

A variety of equipment is available for check out at no charge including: basketballs, volleyballs, racquetball racquets, racquetballs and goggles, and climbing harnesses.



## TENNIS

- Tennis reservations are taken 48 hours in advance for the two north tennis courts (1 & 2) by contacting the Center (No charge)
- The length of time for a court reservation is 1 hour
- The two south tennis courts (1 & 2) will remain available on a first come, first served basis for drop-in play (no reservations accepted)

The Parks & Recreation Department may schedule programs and or leagues on the tennis courts; therefore, at times they will be unavailable for reservations and/or drop-in play.

Tennis courts are open for use from March 15 - November 15.

## KIDSTATION HOURS OF OPERATION:

Monday - Friday	8:00 a.m. - 1:00 p.m.
Monday - Thursday	4:00 - 8:00 p.m.
Saturday	7:00 a.m. - 1:00 p.m.
Sunday	8:00 a.m. - 1:00 p.m.

- Free with Annual Pass
- Ages 6 months - 6 years
- Parents must remain in the Center (outdoor fitness classes are the only exception)
- 90 minute maximum
- Drop-in on a space available basis
- Photo ID required at check-in and will be returned at pick-up

### KidStation Fees:

Resident	Non-Resident
\$3/hr for 1st child without annual pass; \$1.50 each addl child in same family	\$3.75/hr for 1st child without annual pass; \$2 each addl child in same family
40 Punch Card = \$75 without annual pass	40 Punch Card = \$95 without annual pass

## MINI-MINERS INDOOR PLAYGROUND HOURS OF OPERATION:

Monday - Thursday	11:30 a.m. - 8:30 p.m.
Friday	10:30 a.m. - 6:30 p.m.
Saturday	8:00 a.m. - 6:30 p.m.
Sunday	8:00 a.m. - 5:30 p.m.

- Play equipment is for ages 9 and under; no children over 4 years in toddler area
- All children must be supervised by an adult at all times
- Socks must be worn at all times - no shoes
- No food or drinks permitted

# Center Fees

DON'T  
MISS THE  
NEW PASS  
PROMOTIONS  
ON THE BACK  
PAGE!

## ERIE COMMUNITY CENTER - FEES FOR 2015\*

	Adult (18-59)	Youth (4-17)	Active Adult (60+)	Active Adult Couple (60+)	Couple	Family
<b>Annual Pass</b>						
Resident	\$365	\$185	\$219**	\$375**	\$625	\$719
Non-Resident	\$455	\$229	\$275**	\$469**	\$779	\$899
<b>3 - Month Pass</b>						
Resident	\$105	\$49	\$59	\$105	\$179	\$199
Non-Resident	\$129	\$59	\$75	\$129	\$225	\$249
<b>10 - Visit Pass</b>						
Resident	\$39	\$39	\$39	-	-	-
Non-Resident	\$49	\$49	\$49	-	-	-
<b>Daily Admission</b>						
Resident	\$4.50	\$2.25	\$2.70	-	-	\$10
Non-Resident	\$5.50	\$2.75	\$3.40	-	-	\$12

\* Subject to change

### PASS INFORMATION

- \*\* = If you turn 60 within 3 months of starting an annual pass, you qualify for the active adult rate
- Couple = 2 adults residing at the same physical address
- Active Adult Couple = 2 persons residing at the same physical address - both of the age 60+
- Family = up to 2 adults and 2 children (17 or younger) residing at the same physical address; \$75 for each additional person (Annual Pass); \$20 for each additional person (3- Month Pass)
- Children 3 years and younger are free
- 10 - Visit Passes will expire 6 months from purchase date
- Annual passes may be paid by auto-debit  
Please contact the Center for more information

### CORPORATE PASSES

- Valid for Annual or 3-Month passes only
- Applies to employees of businesses located within the town limits (with a business license) and their families
- Discounts applied to relevant Resident or Non-Resident rate
- Pay stub or letter from employer to validate
- 10% discount for 2-9 employees purchasing passes;  
15% discount for 10-14; 20% discount for 15 or more

### REDUCED RATE ASSISTANCE PROGRAM

The Town of Erie provides a program for eligible participants which will reduce pass fees and recreation activity participation fees. Households that qualify for federally funded assistance programs are eligible. Please contact the Center for more information. Must be a resident of Erie.

### OFF-PEAK ANNUAL PASS

- Fee: R \$185 / NR \$229
- Pass is only valid between the hours of 1:30 p.m. and 3:30 p.m., 7 days a week

### WHAT IS INCLUDED IN PASS FEES AND DAILY ADMISSION FEES?

Pass fees and daily admission fees include use of the fitness and weight equipment, running track, locker rooms, racquetball courts (subject to availability), drop-in fitness classes, designated open gym, and open swim. Belay rides are free during supervised open climb times to all annual pass holders. KidStation is also free to all annual pass holders. Access to Mini-Miners indoor playground and Columbine Lounge (ages 60+) is free of charge. Other Center areas and programs may require additional fees.

### PASS REFUND/CANCELLATION POLICY

KidStation punch cards are non-refundable and non-transferable.  
10-Visit passes are non-refundable but transferable.

Annual and 3-Month passes are subject to a cancellation fee:  
\$50 for the 1st person  
\$25 for the 2nd person  
\$10 for each additional person

Annual passes purchased by auto-debit are subject to a cancellation fee: a \$25 fee and forfeiture of the last month's payment which has been paid in advance. Cancellation requests must be received by the 10th of the month. Cancellation requests received after the 10th of the month are subject to the cancellation fee in addition to forfeiture of the current month's first and last month's payment.

# Pool Schedule

January 1 - May 31, 2015 (subject to change)

MONDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 5:30 - 7:00 a.m. Hydro Pump • 7:00 - 8:00 a.m. Adult Only • 8:00 - 9:00 a.m. Closed • 9:00 - 11:15 a.m. Hydro Pump • 9:30 - 10:30 a.m. Open Swim • 11:15 a.m. - 8:30 p.m.	3 Lanes Available • 5:30 - 8:00 a.m. H2O Aerobics • 8:00 - 9:00 a.m. Low Impact • 9:00 - 10:00 a.m. 2 Lanes Available • 10:00 a.m. - 2:00 p.m. Open Swim • 2:00 - 4:00 p.m. 2 Lanes Available • 4:00 - 6:00 p.m. H2O Aerobics • 6:00 - 7:00 p.m. 1 Lane Available • 7:00 - 8:30 p.m.	Closed • 5:30 - 11:15 a.m. Open Swim • 11:15 a.m. - 8:30 p.m.	Closed • 5:30 a.m. - 3:00 p.m. Open • 3:00 - 8:00 p.m. Closed • 8:00 - 8:30 p.m.	Closed • 5:30 a.m. - 8:30 p.m.	Swim Lessons • 9:00 - 11:15 a.m. Adult Swim Lessons • 7:15 - 8:00 p.m. Pre-Season Stroke Clinic 4:00 - 5:00 p.m. (March 30 - May 18)

TUESDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 5:30 - 7:00 a.m. Hydro Pump • 7:00 - 8:00 a.m. Adult Only • 8:00 - 9:00 a.m. Closed • 9:00 - 11:15 a.m. Hydro Pump • 10:00 - 10:30 a.m. Open Swim • 11:15 a.m. - 3:50 p.m. Closed • 3:50 - 7:00 p.m. Hydro Pump • 6:00 - 7:00 p.m. Open Swim • 7:00 - 8:30 p.m.	3 Lanes Available • 5:30 - 8:00 a.m. H2O Aerobics • 8:00 - 9:00 a.m. Low Impact • 9:00 - 10:00 a.m. Deep Water • 9:30 - 10:00 a.m. 2 Lanes Available • 10:00 a.m. - 12:00 p.m. Masters Swim Only • 12:00 - 1:00 p.m. 2 Lanes Available • 1:00 - 2:00 p.m. Open Swim • 2:00 - 4:00 p.m. 1 Lane Available • 4:00 - 7:00 p.m. Open Swim • 7:00 - 8:30 p.m.	Closed • 5:30 - 11:15 a.m. Open Swim • 11:15 a.m. - 3:50 p.m. Closed • 3:50 - 6:30 p.m. Open Swim • 6:30 - 8:30 p.m.	Closed • 5:30 a.m. - 3:00 p.m. Open • 3:00 - 3:50 p.m. Closed • 3:50 - 6:30 p.m. Open • 6:30 - 8:00 p.m. Closed • 8:00 - 8:30 p.m.	Closed • 5:30 a.m. - 7:00 p.m. Open • 7:00 - 8:00 p.m. Closed • 8:00 - 8:30 p.m.	Swim Lessons • 9:00 - 11:15 a.m. Masters Swim • 12:00 - 1:00 p.m. Swim Lessons • 4:00 - 6:30 p.m.

WEDNESDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 5:30 - 7:00 a.m. Hydro Pump • 7:00 - 8:00 a.m. Adult Only • 8:00 - 9:00 a.m. Closed • 9:00 - 11:15 a.m. Hydro Pump • 9:30 - 10:30 a.m. Open Swim • 11:15 a.m. - 8:30 p.m.	3 Lanes Available • 5:30 - 8:00 a.m. H2O Aerobics • 8:00 - 9:00 a.m. Low Impact • 9:00 - 10:00 a.m. 2 Lanes Available • 10:00 a.m. - 2:00 p.m. Open Swim • 2:00 - 4:00 p.m. Splash Dance • 4:00 - 5:00 p.m. 2 Lanes Available • 5:00 - 6:00 p.m. H2O Aerobics • 6:00 - 7:00 p.m. 2 Lanes Available • 7:00 - 8:30 p.m.	Closed • 5:30 - 11:15 a.m. Open Swim • 11:15 a.m. - 8:30 p.m.	Closed • 5:30 a.m. - 3:00 p.m. Open • 3:00 - 8:00 p.m. Closed • 8:00 - 8:30 p.m.	Closed • 5:30 a.m. - 8:30 p.m.	Swim Lessons • 9:00 - 11:15 a.m. Lifeguard Readiness • 7:00 - 8:00 p.m. (March 5 - May 21)

THURSDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 5:30 - 7:00 a.m. Hydro Pump • 7:00 - 8:00 a.m. Adult Only • 8:00 - 9:00 a.m. Closed • 9:00 - 11:15 a.m. Hydro Pump • 10:00 - 10:30 a.m. Open Swim • 11:15 a.m. - 3:50 p.m. Closed • 3:50 - 6:30 p.m. Hydro Pump • 6:00 - 6:30 p.m. Open Swim • 6:30 - 8:30 p.m.	3 Lanes Available • 5:30 - 8:00 a.m. H2O Aerobics • 8:00 - 9:00 a.m. Low Impact • 9:00 - 10:00 a.m. Deep Water • 9:30 - 10:30 a.m. 2 Lanes Available • 10:00 a.m. - 12:00 p.m. Masters Swim Only • 12:00 - 1:00 p.m. 2 Lanes Available • 1:00 - 2:00 p.m. Open Swim • 2:00 - 4:00 p.m. 1 Lane Available • 4:00 - 6:30 p.m. Deep Water • 6:30 - 7:00 p.m. Open Swim • 7:00 - 8:30 p.m.	Closed • 5:30 - 11:15 a.m. Open Swim • 11:15 a.m. - 3:50 p.m. Closed • 3:50 - 6:30 p.m. Open Swim • 6:30 - 8:30 p.m.	Closed • 5:30 a.m. - 3:00 p.m. Open • 3:00 - 3:50 p.m. Closed • 3:50 - 6:30 p.m. Open • 6:30 - 8:00 p.m. Closed • 8:00 - 8:30 p.m.	Closed • 5:30 a.m. - 7:00 p.m. Open • 7:00 - 8:00 p.m. Closed • 8:00 - 8:30 p.m.	Swim Lessons • 9:00 - 11:15 a.m. Masters Swim • 12:00 - 1:00 p.m. Swim Lessons • 4:00 - 6:30 p.m.

FRIDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 5:30 - 7:00 a.m. Hydro Pump • 7:00 - 8:00 a.m. Adult Only • 8:00 - 9:30 a.m. Closed • 9:30 - 10:30 a.m. Hydro Pump • 9:30 - 10:30 a.m. Open Swim • 10:30 a.m. - 6:30 p.m.	3 Lanes Available • 5:30 - 8:00 a.m. H2O Aerobics • 8:00 - 9:00 a.m. Low Impact • 9:00 - 10:00 a.m. 2 Lanes Available • 10:00 a.m. - 1:00 p.m. Open Swim • 1:00 - 4:00 p.m. 2 Lanes Available • 4:00 - 6:30 p.m.	Closed • 5:30 - 9:00 a.m. Open Swim/No Features 9:00 - 10:00 a.m. Open Swim • 10:00 a.m. - 6:30 p.m.	Closed • 5:30 a.m. - 3:00 p.m. Open • 3:00 - 6:00 p.m. Closed • 6:00 - 6:30 p.m.	Closed • 5:30 a.m. - 3:30 p.m. Open • 3:30 - 4:00 p.m. Closed • 4:00 - 6:30 p.m.	

SATURDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 7:00 - 8:00 a.m. Hydro Pump • 8:00 - 9:00 a.m. Closed • 8:00 a.m. - 12:00 p.m. Open Swim • 12:00 - 6:30 p.m.	Masters Swim • 7:00 - 8:00 a.m. 2 Lanes Available • 8:00 - 9:00 a.m. Closed • 9:00 a.m. - 12:00 p.m. 2 Lanes Available • 12:00 - 1:00 p.m. Open Swim • 1:00 - 6:30 p.m.	Closed • 7:00 a.m. - 12:00 p.m. Open • 12:00 - 6:30 p.m.	Closed • 7:00 a.m. - 12:00 p.m. Open • 12:00 - 6:00 p.m. Closed • 6:00 - 6:30 p.m.	Closed • 7:00 a.m. - 1:00 p.m. Open • 1:00 - 3:00 p.m. Closed • 3:00 - 6:30 p.m.	Masters Swim • 7:00 - 8:00 a.m. Swim Lessons • 9:00 a.m. - 12:00 p.m.

SUNDAY					
RIVER	LAP POOL	ZERO DEPTH	SLIDE	ROPE	SWIM PROGRAMS
Adult Only • 8:00 - 10:00 a.m. Open Swim • 10:00 a.m. - 5:30 p.m.	2 Lanes Available • 8:00 - 11:00 a.m. Open Swim • 11:00 a.m. - 5:30 p.m.	Closed • 8:00 - 10:00 a.m. Open • 10:00 a.m. - 5:30 p.m.	Closed • 8:00 - 10:00 a.m. Open • 10:00 a.m. - 5:30 p.m.	Closed • 8:00 a.m. - 12:00 p.m. Open • 12:00 - 2:00 p.m. Closed • 2:00 - 5:30 p.m.	Swim Clinic • 10:00 - 11:00 a.m. (first Sunday of each month)

# Swimming Lessons

## AQUATICS PROGRAMS

### Boy Scout/Girl Scout Merit Badge Testing (ages 6-18)

Fee includes up to 12 participants. Additional participants are \$2.50/ person. No charge for adult leaders. Price includes admission to the pool for fun before and after your badge has been completed. For additional information, please call Matt Brown at 303.926.2563.

Fee: R \$25 / NR \$29

### American Red Cross Lifeguard Training (ages 15+)

Courses provide a generalized view of lifeguarding skills and practices. CPR/AED/First Aid for the Professional Rescuer included. Swimming skills pretest involves: swimming 300 meter continuous swim -100 meter front crawl, 100 meter breast stroke, 100 meter choice between front crawl or breast stroke; swim 20 meters - dive down to the 10ft and retrieve a diving brick and swim back. Registration ends one week prior to start of class.

Dates: 6450.110 - April 6 - April 9  
6450.120 - April 25 - April 26, May 2 - May 3  
6450.130 - May 26 - May 29  
Time: 9:00 a.m. - 5:00 p.m.  
Fee: R \$119 / NR \$149

### American Red Cross Lifeguard Readiness (age 15+)

So you think you want to be a lifeguard but you are not sure if you can pass the pre-test? This class will work on all he skills you will need to pass. The lifeguarding class pre-test includes 250 meters Front Crawl-50 Meters Breaststroke; 2 minutes treading water without hands; swim 20 meters, retrieve a 10 lbs. diving brick from 10 ft., swim back to shallow end, and exit the pool within 1:40.

Day: Wednesday  
Dates: 6451.110 - March 4 - March 25  
6451.120 - April 1 - April 22  
6451.130 - April 29 - May 20  
Time: 7:00 - 8:00 p.m.  
Fee: R \$25 / NR \$29

### American Red Cross Water Safety Instructor Training (age 16+)

Pre-Requisite: 16 years old on or before the last day of class, proficient Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. Learn the techniques and skills necessary to be an American Red Cross swim instructor. FIT certification is included with this class. You must bring proof of age to the first class. \*Registration closes one week prior to the start of class.

Day: Saturday & Sunday  
Dates: 6461.110 - February 28 - March 8  
Time: 9:00 a.m. - 5:00 p.m.  
Fee: R \$130 / NR \$160

### Masters Swim Team (age 18+)

Masters Swim Team is designed for swimmers who have basic knowledge of the competitive strokes, but want to improve their competitive swimming skills. Swimmers will be working on all aspects of competitive stroke technique and drills, turns, and endurance. Masters Swim is offered Tuesdays, Thursdays and Saturdays. You are welcome to choose to join us once, twice or three times a week.

Day: Tuesday / Thursday / Saturday  
Time: 12:00 - 1:00 p.m. (Tue/Thurs)  
7:00 - 8:00 a.m. (Sat)  
Fee: Resident 15 Punch Card = \$55.00  
Non-Resident 15 Punch Card = \$69.00

### Adult Swim Lessons (ages 18+)

It is never too late to learn to swim or improve your skills! This class is for all abilities and offers individualized instruction within a supportive group environment. The instructor works at your level to help you meet your swimming goals. Abilities can range from learning to conquer your fear of the water, developing your strokes or even training you for triathlons.

Day: Monday  
Dates: 6431.110 - January 5 - March 2 (No class February 16)  
6431.120 - March 9 - May 4 (No class April 6)  
Time: 7:15 - 8:00 p.m.  
Fee: R \$49 / NR \$59

### Pre-Season Stroke Clinic (ages 4-18)

Pre-Season Stroke Clinic is designed for swimmers who have basic knowledge of the competitive strokes but want to improve their competitive swimming skills before their scheduled swim team practice starts. Swimmers will be working on all aspects of the competitive stroke technique, drills, turns, starts (without blocks), finishes, along with some endurance work.

Day: Monday  
Dates: 6419.110 - March 30 - May 18  
Time: 4:00 - 5:00 p.m.  
Fee: R \$55 / NR \$69

### Swim Clinics (ages 5+)

Monthly swim clinics will spend 30 minutes concentrated on an aspect of swimming. Clinics are 30 minutes long and split into two age groups; 5-14 year olds and 15 years and up. Swimmers must have basic knowledge of the competitive strokes and have a desire to improve on a specific aspect.

Day: Sunday  
  
Ages: 15+  
Dates: 6419.111 - January 4 - Flip Turns  
6419.113 - February 1 - Starts (without blocks)  
6419.117 - April 5 - Race Pace  
6419.119 - May 3 - Flip turns (front and back)  
6419.115 - March 1 - Turns (Breaststroke and Butterfly)  
Time: 10:00 - 10:30 am  
  
Ages: 5-14  
6419.112 - January 4 - Freestyle/Backstroke  
6419.114 - February 1 - Butterfly  
6419.116 - March 1 - Breaststroke  
6419.118 - April 5 - Turns and underwater kick outs  
6419.101 - May 3 - Starts (without blocks) and Finishes  
Time: 10:30 - 11:00 am  
  
Fee: R \$15 / NR \$19





# Swimming Lessons (cont.)

## SWIMMING LESSONS

### PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:8 teacher to student ratio.

#### Swim - Parent & Child 1 (ages 6 mos. – 24 mos.)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

#### Parent & Child Level 2 (ages 18 mos. - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

#### Parent & Child Combined (C) (ages 6 mos. - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

### PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:4 teacher to student ratio.

#### Preschool 1

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

*Prerequisite:* Child must be ready to participate in a group setting.

#### Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

*Prerequisite:* Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

#### Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

*Prerequisite:* Pass Preschool 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

### YOUTH AGES 6 - 16

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:6 teacher to student ratio.

#### Level 1: Introduction to Water Skills

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

*Prerequisite:* Child must be ready to participate in a group setting.

#### Level 2: Fundamental Aquatic Skills

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

*Prerequisite:* Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

#### Level 3: Stroke Development

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

*Prerequisite:* Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

#### Level 4: Stroke Improvement

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

*Prerequisite:* Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

#### Level 5: Stroke Refinement

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced.

*Prerequisite:* Pass Level 4; OR Swim 25 yards front and back crawl.

#### Level 6: Stroke Clinic

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.

### TEEN SWIM LESSONS AGES 13-18

This class is for all abilities and offers individualized instruction within a supportive group environment. The instructor works at your level to help you meet your swimming goals. Abilities can range from learning to conquer your fear of the water, developing your strokes or even training for swim team.

Winter/Spring Swim Lesson Registration Open Dates:		
	Resident	Non-Resident
JANUARY SESSION		
Monday & Wednesday AM	November 15	November 22
Tuesday & Thursday AM		
Tuesday & Thursday PM		
Saturday AM		
FEBRUARY SESSION		
Monday & Wednesday AM	January 17	January 19
Tuesday & Thursday AM		
Tuesday & Thursday PM		
Saturday AM		
MARCH SESSION		
Monday & Wednesday AM	February 14	February 16
Tuesday & Thursday AM		
Tuesday & Thursday PM		
APRIL SESSION		
Monday & Wednesday AM	March 14	March 16
Tuesday & Thursday AM		
Tuesday & Thursday PM		
Saturday AM		
MAY SESSION		
Monday & Wednesday AM	April 18	April 20
Tuesday & Thursday AM		
Tuesday & Thursday PM		



Get the most out of Red Cross swim lessons with the Swim App. Created as a companion to the newly-updated Learn-to-Swim program (including Preschool Aquatics), this app will help you keep your swimmer motivated, while providing you the latest in water safety guidance to help ensure your family stays safe in, on and around the water. Download it directly from the Apple App Store, Google Play or Amazon Marketplace.



# Swimming Lessons (cont.)

Refer to  
Registration  
Dates on  
page 8

## MONDAY & WEDNESDAY AM

January	January 5 - January 28			4 Weeks	R \$39 / NR \$49	
February	February 2 - February 25 *No Class 2/16			4 Weeks	R \$35 / NR \$45	
March	March 2 - March 25			4 Weeks	R \$39 / NR \$49	
April	April 13 - April 29			3 Weeks	R \$29 / NR \$35	
May	May 4 - May 20			3 Weeks	R \$29 / NR \$35	
CLASS	TIME	JANUARY	FEBRUARY	MARCH	APRIL	MAY
PARENT & CHILD C	9:00 am	6416.110	6416.120	6416.130	6416.140	6416.150
PRESCHOOL 1	9:00 am	6410.110	6410.120	6410.130	6410.140	6410.150
	10:10 am	6410.111	6410.121	6410.131	6410.141	6410.151
PRESCHOOL 2	9:35 am	6411.110	6411.120	6411.130	6411.140	6411.150
	10:45 am	6411.111	6411.121	6411.131	6411.141	6411.151
PRESCHOOL 3	9:35 am	6412.110	6412.120	6412.130	6412.140	6412.150
	10:10 am	6412.111	6412.121	6412.131	6412.141	6412.151

## TUESDAY & THURSDAY AM

January	January 6 - January 29	4 Weeks	R \$39 / NR \$49			
February	February 3 - February 26	4 Weeks	R \$39 / NR \$49			
March	March 3 - March 26	4 Weeks	R \$39 / NR \$49			
April	April 14 - April 30	3 Weeks	R \$29 / NR \$35			
May	May 5 - May 21	3 Weeks	R \$29 / NR \$35			
CLASS	TIME	JANUARY	FEBRUARY	MARCH	APRIL	MAY
PARENT & CHILD C	9:00 am	6416.114	6416.124	6416.134	6416.144	6416.154
PRESCHOOL 1	9:00 am	6410.119	6410.129	6410.139	6410.149	6410.159
	10:10 am	6410.012	6410.021	6410.031	6410.040	6410.050
PRESCHOOL 2	9:35 am	6411.012	6411.022	6411.033	6411.042	6411.055
	10:45 am	6411.010	6411.020	6411.031	6411.049	6411.151
PRESCHOOL 3	9:35 am	6412.119	6412.129	6412.139	6412.149	6412.159
	10:10 am	6412.118	6412.128	6412.138	6412.148	6412.158

## TUESDAY & THURSDAY PM

January	January 6 - January 29		4 Weeks	R \$39 / NR \$49		
February	February 3 - February 26		4 Weeks	R \$39 / NR \$49		
March	March 3 - March 26		4 Weeks	R \$39 / NR \$49		
April	April 14 - April 30		3 Weeks	R \$29 / NR \$35		
May	May 5 - May 21		3 Weeks	R \$29 / NR \$35		
CLASS	TIME	JANUARY	FEBRUARY	MARCH	APRIL	MAY
PARENT & CHILD C	5:10 p.m.	6416.111	6416.121	6416.131	6416.141	6416.151
PRESCHOOL 1	4:00 p.m.	6410.112	6410.122	6410.132	6410.142	6410.152
	4:35 p.m.	6410.011	6410.022	6410.033	6410.044	6410.055
	5:45 p.m.	6410.113	6410.123	6410.133	6410.143	6410.153
PRESCHOOL 2	4:00 p.m.	6411.112	6411.122	6411.132	6411.142.	6411.152
	5:10 p.m.	6411.113	6411.123	6411.133	6411.143	6411.153
PRESCHOOL 3	4:35 p.m.	6412.112	6412.122	6412.132	6412.142	6412.152
	5:45 p.m.	6412.113	6412.123	6412.133	6412.143	6412.153
LEVEL 1	4:00 p.m.	6401.110	6401.120	6401.130	6401.140	6401.150
LEVEL 2	4:35 p.m.	6402.110	6402.120	6402.130	6402.140	6402.150
LEVEL 3	4:00 p.m.	6403.112	6403.122	6403.132	6403.142	6403.152
	4:35 p.m.	6403.110	6403.120	6403.130	6403.140	6403.150
LEVEL 4	5:10 p.m.	6404.110	6404.120	6404.130	6404.140	6404.150
LEVEL 5	5:45 p.m.	6405.110	6405.120	6405.130	6405.140	6405.150
STROKE CLINIC	5:45 p.m.	6408.112	6408.122	6408.130	6408.140	6408.150
TEEN SWIM LESSONS	4:35 p.m.	6409.110	6409.120	6409.130	6409.140	6409.150

## SATURDAY AM

January	January 10 - February 14	6 Weeks	R \$29 / NR \$35	
February	February 21 - March 28	6 Weeks	R \$29 / NR \$35	
April	April 11 - May 16	6 Weeks	R \$29 / NR \$35	
CLASS	TIME	JANUARY	FEBRUARY	APRIL
PARENT & CHILD 1	9:35 am	6414.112	6414.122	6414.131
PARENT & CHILD 2	10:10 am	6415.111	6415.121	6415.131
PRESCHOOL 1	9:00 am	6410.115	6410.125	6410.135
	10:10 am	6410.116	6410.126	6410.136
	10:45 am	6410.117	6410.127	6410.137
	11:20 am	6410.118	6410.128	6410.138
PRESCHOOL 2	9:00 am	6411.116	6411.126	6411.136
	9:35 am	6411.117	6411.127	6411.137
	10:10 am	6411.118	6411.128	6411.138
	11:20 a.m.	6411.119	6411.129	6411.139
PRESCHOOL 3	9:00 am	6412.116	6412.126	6412.136
	10:45 am	6412.117	6412.127	6412.137
LEVEL 1	9:00 am	6401.111	6401.121	6401.131
LEVEL 2	9:35 am	6402.111	6402.121	6402.131
	10:45 am	6402.112	6402.122	6402.132
LEVEL 3	9:35 am	6403.111	6403.121	6403.131
LEVEL 4	10:10 a.m.	6404.111	6404.121	6404.131
LEVEL 5	10:45 am	6405.111	6405.121	6405.131
STROKE CLINIC	11:20 am	6408.111	6408.121	6408.131

## PRIVATE LESSONS

For private lessons  
please call 303.926.2567

15 MINUTE LESSONS	R	NR
1-3 Private Lessons (per lesson)	\$10	\$16
4-6 Private Lessons (per lesson)	\$9	\$14
1/2 HOUR LESSONS	R	NR
1-2 Private Lessons (per lesson)	\$19	\$25
3-6 Private Lessons (per lesson)	\$18	\$23



# Aquatic Fitness Classes

## AQUATIC FITNESS CLASSES

Want a great aerobic and strength training workout with little impact on your joints? Jump in the pool and dive into Aqua Fitness Classes! Use the natural resistance of the water to get your heart healthy and your body toned. Break free from your land loving routine with aerobics and resistance combo-training that uses your natural body buoyancy to give you a great workout.

### H<sub>2</sub>O Aerobics

Join us for a total body workout that will physically challenge you! You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

- Monday - Friday: 8:00 - 9:00 a.m.
- Monday & Wednesday: 6:00 - 7:00 p.m.

### Hydro Pump

This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

- Monday - Friday: 7:00 - 8:00 a.m.
- Monday, Wednesday, Friday: 9:30 - 10:30 a.m.
- Tuesday: 6:00 - 7:00 p.m.
- Saturday: 8:00 - 9:00 a.m.

SCAN ME FOR THE  
CURRENT POOL  
SCHEDULE!



### Hydro Pump/Deep Water Combo

This comprehensive workout will be in two parts. The first half hour you will workout in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles, and more to provide a challenging and exciting workout. The second half you move to the deep end of the pool and continue working cardiovascular fitness, flexibility, strength, muscle tone, and increase fat burning. Flotation devices (hand buoys, belts, and noodles) provide stability and flotation; however, you should feel comfortable in the deep water.

- Tuesday & Thursday: 9:30 - 10:00 a.m. (deep end)  
10:00 - 10:30 a.m. (river)
- Thursday: 6:00 - 6:30 p.m. (river)  
6:30 - 7:00 p.m. (deep end)

### Low Impact/Low Intensity & Pre/Post Natal Class

Enjoy a fun relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization. This class also includes exercises designed for participants with arthritis. In addition to the above, you will work on range of motion to assist in reducing joint pain. Pre/Post natal participants need a doctor's release prior to participating in this class.

- Monday - Friday: 9:00 - 10:00 a.m.

### Splash Dance

Dive into this dance based water class that will certainly get you moving. Basic dance moves along with traditional water exercise movements will be done in this class. You will work on aerobic endurance, muscle toning & flexibility all at the same time!

- Wednesday: 4:00 - 5:00 p.m.

## SAFETY CHECK BREAKS

On weekends, we will clear the pool for a 10-minute safety check at the following times:

**Saturdays: 2:50 pm & 4:50 pm**  
**Sundays: 12:50 pm & 2:50 pm**

Adults, 18 and older, will be allowed to swim in the pool and hot tub during this time, as well as any programmed swimming lessons. All other patrons will need to exit the pool during the safety check. During the safety check, it is important for children to check in with groups or family members, hydrate, go to the bathroom, and take a much-needed rest. Staff will be performing safety checks on the pool and pool equipment.

Please check with the Aquatic Management Team for the schedule for safety checks on holidays and no-school days.

# Fitness & Wellness

## SMALL GROUP TRAINING (AGES 18+)

Small Group Training is a fun, effective and affordable way to reach your fitness goals. Our nationally recognized certified trainer Joe Swanson will lead these groups focusing on individual strengths, goals and fitness levels of the participants. If you want to lose weight, get into great shape or just become a fitter you then take it to the next level with the guidance of a certified professional trainer. Draw from the energy of your group as you push yourself for real results. Small Group Training sessions are made by appointment only and consist of 3-4 people. All packages are non-transferable and expire one year after date of purchase. If under 18, authorization from the Fitness & Wellness Coordinator is required.



	Resident	Non-Resident
1 Session	\$69	\$85
3 Sessions	\$195	\$245
6 Sessions	\$365	\$455
12 Sessions	\$709	\$885

## PERSONAL TRAINING (AGES 18+)

Let a nationally certified personal trainer help you optimize your workout. Work one-on-one or bring a friend and we'll help you reach your fitness goals. You will learn various exercises that build strength and endurance, enhance body composition and improve overall cardiovascular fitness. Personal training sessions are one hour long and are made by appointment only. Please register in person at Guest Service. All packages are non-transferable and expire one year after date of purchase. If under 18, authorization from the Fitness & Wellness Coordinator is required.

### PERSONAL TRAINING FEES

	Resident	Non-Resident
1 Session	\$39	\$49
3 Sessions	\$115	\$145
6 Sessions	\$209	\$259
12 Sessions	\$399	\$499

### PARTNER TRAINING FEES

	Resident	Non-Resident
1 Session	\$49	\$59
3 Sessions	\$135	\$169
6 Sessions	\$245	\$305
12 Sessions	\$469	\$585

## PERSONAL TRAINING POLICY

Personal training in exchange for money or services is not permitted in the community center or on town-owned facilities by anyone other than authorized Town of Erie staff. Staff reserves the right to monitor workouts that appear to be commercial personal training sessions.

## PILATES REFORMER SESSION

The Pilates Reformer safely and effectively improves strength, flexibility and balance by developing long, lean muscles. Pilates Reformer training can also restore postural alignment, increase joint range of motion and correct over-training of muscle groups. Sessions are by appointment only. Please register in person at Guest Service. All packages are non-transferable and expire one year after date of purchase. If under 18, authorization from the Fitness & Wellness Coordinator is required.

	Resident	Non-Resident
1 Session	\$39	\$49
3 Sessions	\$105	\$129
6 Sessions	\$185	\$229
12 Sessions	\$299	\$375

## FITNESS EQUIPMENT ORIENTATIONS (AGES 15+)

Fitness equipment orientations are provided at no charge to pass holders and day users. Our fitness staff will provide an orientation and demonstration of the cardiovascular and Nautilus One™ weight machines. Orientations are 30 minutes.

## FITNESS ASSESSMENTS (AGES 18+)

Fitness Assessments include body composition measurement, cardiovascular, flexibility, strength tests, and consultation with a personal trainer. Assessments are one hour. Please visit Guest Service to schedule your assessment.

Fee: R \$35 / NR \$45

## BODY FAT & LEAN BODY MASS TESTING (AGES 18+)

We offer body fat testing with the bioelectric impedance measurement system. This instrument measures your lean body mass to fat ratio. The test is quick, noninvasive and comprehensive. Please register in person at Guest Service.

Fee: R \$15 / NR \$19

## YOUTH FITNESS EQUIPMENT & TRACK POLICY (AGES 7-14)

**Children 6 years old and younger** may be in a single wide stroller on the track and strollers may be parked in the corners of the track if directly accompanied by an adult. Children may also be on the first floor if in a stroller and parked in the designated "stroller parking" area.

**Children 7-10 years of age** may walk or run on the track with direct adult supervision ONLY. Children with adults are NOT ALLOWED to stop in the corners of the track for any reason.

### TO USE CARDIO EQUIPMENT:

**Ages 11-12** must complete an orientation with a Fitness Attendant (parent/guardian must be present and sign waiver); then may use areas with adult supervision.

**Ages 13-14** must complete an orientation with a Fitness Attendant (parent/guardian must be present and sign waiver); then may use areas without adult supervision.

### TO USE NAUTILUS ONE™ WEIGHT MACHINES:

**Ages 11-12** must complete a Youth Fitness Equipment Certification (parent/guardian must sign waiver); then may use machines with adult supervision.

**Ages 13-14** must complete a Fitness Equipment Certification (parent/guardian must sign waiver); then may use machines without adult supervision.

**Children under the age of 15 are not allowed in the free weight area at any time.**

## YOUTH FITNESS EQUIPMENT CERTIFICATION (AGES 11-14)

Your child will meet with a personal trainer for two 1-hour sessions on his or her own to learn the fundamentals of weight training on the Nautilus One™ weight machines while focusing on safety and proper lifting technique. By appointment only - contact the Center for details.

	Resident	Non-Resident
Private (two 1-hour sessions)	\$49	\$59
Partner (2 children for two 1-hour sessions) * Participant must provide their own partner	\$25 (per child)	\$29 (per child)



# Fitness & Wellness (cont.)

## FITNESS CLASSES OFFERED AT THE ERIE COMMUNITY CENTER INCLUDE:

- 30/30
- All Levels Yoga
- BODYCOMBAT®
- BODYPUMP®
- BOSU
- Barre Tone
- Boot Camp
- Cardio Circuit
- Cardio Sculpt
- Core Strength
- Express Core
- Gentle Movement
- Gentle Yoga
- HiiT
- Interval Training
- Lift & Shift
- Mommy Intervals
- Muscle Conditioning
- Nia®
- Pilates
- Power Yoga
- Ride 60
- SilverSneakers® Circuit
- SilverSneakers® Classic
- Step Interval
- Total Body Conditioning
- Yoga
- Zumba®
- Zumba Gold®

For class descriptions, visit [www.erieco.gov/fitness](http://www.erieco.gov/fitness)

### TRX SESSION BASED PROGRAM



Born in the Navy SEALs, TRX® Suspension Training® uses bodyweight exercises to simultaneously develop strength, power, endurance, mobility, durability, balance, flexibility, and core stability. Each session is 6 weeks long. R \$39 / NR \$49 per session

### SESSION BASED PROGRAMS

#### Winter Maintenance Program for Runners (ages 18+)

This one hour running class will be broken up into 2, 30 minute sections. The first 30 minutes will consist of running exercises such as steady state, intervals and lactic threshold runs. The last 30 minutes will be devoted to bodyweight exercises designed to make runners stronger such as upper and lower body and core exercises. Depending on the weather this class will either take place outside or upstairs on the track.

Day: Sunday & Thursday  
Dates: 7576.115 - January 11 - March 12  
Times: 2:30 - 3:30 p.m. - Sunday  
5:30 - 6:30 a.m. - Thursday  
Fee: R \$69 / NR \$85

#### Weight Loss Challenge (ages 18+)

Want to see long term results this year? You can't out train a bad diet. This is a fun and interactive class where we educate and share ideas regarding optimum nutrition and fitness! Join this fun nutritional based class to learn the basics of what your body needs to see long term results. Learn about proteins, carbs, sugars, fats, dining out, fibers, interval training and balancing calories. We meet once a week for an interactive nutritional class that provides key information, proven nutritional tools and the motivation you need to stay on track!!

Day: Monday  
Dates: 7576.130 - January 19 - March 9  
Times: 6:00 - 7:00 p.m.  
Fee: R \$59 / NR \$75

#### Introduction to Resistance Training (ages 15+)

This class is intended for people who are new to resistance training and need or want to develop muscle tone, increase their strength or lose weight. You will learn the fundamentals of form, selecting weight amounts and setting up workout routines that are safe, effective and fun. Those of you trying to achieve weight loss goals or have been told by a Physician or Physical Therapist to "get more exercise" this is the class for you! Class will be led by Larry Woods, certified personal trainer.

Day: Tuesday & Thursday  
Dates: 7576.116 - January 20 - February 26  
Times: 6:00 - 7:00 p.m.  
Fee: R \$115 / NR \$145

# Fitness & Wellness (cont.)

## SESSION BASED PROGRAMS (cont.)

### Gentle Yoga from a Chair (ages 18+)

If the traditional yoga poses seem too challenging, but you need to release tension, increase flexibility and reduce stress, then you will love this gentle class. All of the benefits of a traditional yoga class can be experienced sitting in a chair and are perfect for seniors, those recovering from an injury or those using a walker or wheelchair. This form of Yoga can also help with a variety of issues including arthritis, hypertension, depression and insomnia. The class is appropriate as well for those with MS, Parkinson’s and Cerebral Palsy.

Day: Wednesday  
Dates: 7576.153 - January 21 - February 25  
7576.154 - April 15 - May 20  
Time: 9:00 - 10:00 a.m.  
Fee: R \$35 / NR \$45 per session

### Strong Girls (ages 10-12)

This is a fitness training program specifically designed for young girls 10-12 years old. The goal is to develop cardiovascular and respiratory endurance, strength, stamina, speed, flexibility, coordination, agility and balance. This class will help your young lady develop fitness knowledge and confidence in exercising on their own. Whether you’re a very talented athlete or new to fitness and exercise this is the program for you.

Day: Monday  
Dates: 7576.145 - February 2 - March 16  
(No class on February 16)  
Times: 4:15 - 5:00 p.m.  
Fee: R \$39 / NR \$49



### Quiet Stretch (15+)

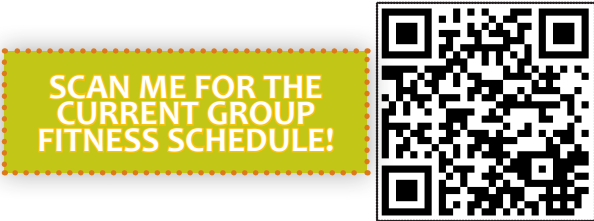
Quiet Stretch is 40 minutes of guided gentle stretching. Stretching is an often overlooked component of one’s exercise regime. Regular stretching leads to increased flexibility and range of motion in your joints; which then in turn is known to improve performance in daily activities and decrease the risk for injury. Instructed by Heidi Marshall.

Day: Tuesday  
Dates: 7548.312 - February 3 - March 10  
Times: 6:00 - 6:40 p.m.  
Fee: R \$29 / NR \$35

### Youth Sports Conditioning (ages 10-13)

This is a pre-season training program designed to help young athletes stay in peak physical shape between seasons. The goal is to develop Cardiovascular and Respiratory Endurance, Strength, Stamina, Speed, Power, Flexibility, Coordination, Agility, Balance and Accuracy. Whether you’re a very talented youngster who envisions getting a college scholarship or you would just like to keep active this is the program for you.

Day: Wednesday  
Dates: 7576.120 - February 4 - March 11  
Times: 4:15 - 5:00 p.m.  
Fee: R \$39 / NR \$49



SCAN ME FOR THE  
CURRENT GROUP  
FITNESS SCHEDULE!

LOOKING FOR MORE?  
SEE PAGES 29 - 30 FOR ADULT SPORTS &  
DROP-IN SPORTS SCHEDULE  
  
SEE PAGES 38 - 39 MORE ACTIVE ADULT  
FITNESS CLASSES & PROGRAMS!

### Wise and Well (ages 18+)

This is an eight week session which includes Yoga, Pilates, meditation techniques and overall fitness awareness. There will be a different emphasis each week. Topics include hips and hamstrings, low back, shoulders, breathing, core, immune system, neck and upper back, restorative. The goal is to create a lifelong habit of health through proper instruction and camaraderie. Instructor: Terry Sweeney

Day: Wednesday  
Dates: 7576.126 - March 3 - April 22  
Times: 5:30 - 6:30 p.m.  
Fee: R \$69 / NR \$85

### 10K Training (ages 18+)

If you are new to running or tired of your current fitness routine this class will get you started on the right foot. Our running coaches will help you prepare for the Bolder Boulder 10K with a different running workout each week. Both beginner and intermediate runners will be challenged. Class meets Wednesdays 6:00 - 7:30 p.m. for track workouts and Saturdays 8:00 - 9:30 a.m. for group runs.

Day: Wednesday & Saturday  
Dates: 7528.102 - March 18 - May 23  
Times: Wednesday - 6:00 - 7:30 p.m.  
Saturday - 8:00 - 9:30 a.m.  
Fee: R \$75 / NR \$95

### Triathlon Yoga (ages 15+)

Yoga is most often associated with benefits such as flexibility, stability and strength, all of which are very important. However, it’s not as often associated with endurance, which is yet another wonderful advantage to be gained from yoga classes. Endurance athletes spend countless hours training their neuromuscular and metabolic systems in an effort to increase their endurance so that they may race efficiently for extended periods of time. This yoga class is designed with strength endurance in mind providing opportunities for your body to repeat exercises requiring a great amount of strength with little to no rest. This creates a similar effect to that of the training we usually endure without the added stress on our bodies from too many miles of swimming, biking and running. For many athletes, this can be the missing link in their training. There are 3 Sunday workshops to choose from.

Days: Sunday  
Dates: 7576.188 - April 12 - Swim  
7576.189 - April 19 - Bike  
7576.190 - April 26 - Run  
Times: 9:30 - 11:30 am  
Fee: R \$15 / NR \$19 each Sunday

### Core Strengthening for Tender Backs (ages 18+)

Do you have low back or neck issues? Learn how to strengthen your core without straining your back. Participants will be taught how to honor their body and work within their limitations, while effectively strengthening their core. Instructor: Wendy Hood

Day: Friday  
Dates: 7557.714 - April 3 - May 8  
Time: 12:30 - 1:30 p.m.  
Fee: R \$49 / NR 59

## Climbing Wall Schedule

January - May 2015 (subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open	Unsupervised Open Climb Open-4:30 p.m.	Unsupervised Open Climb Open-4 p.m.	Unsupervised Open Climb Open-4:30 p.m.	Unsupervised Open Climb Open-4:30 p.m.	Unsupervised Open Climb Open-Close	Parent/Child* 8-8:45 a.m.	Unsupervised Open Climb 8-11 a.m.
9:00 a.m.						Parent/Child* 9-9:45 a.m.	
10:00 a.m.						Mini Climbers* 10-11 a.m.	
11:00 a.m.						Supervised Open Climb & Birthday Parties* 11 a.m. - 6 p.m.	Supervised Open Climb & Birthday Parties* 12-5 p.m.
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.	Lil' Girls Rock* 4:30-5:30 p.m.	Supervised Open Climb 4-7 p.m.	Mini Climbers* 4:30-5:30 p.m.	Supervised Open Climb 4:30-8 p.m.	Unsupervised Open Climb 6-7 p.m.	Unsupervised Open Climb 5-6 p.m.	
5:00 p.m.	Girls Rock* 5:30-6:30 p.m.		Rock Star & Youth Climb* 5:30-6:30 p.m.				
6:00 p.m.	Adult Intro* 6:30-8 p.m.		Unsupervised Open Climb 6:30-7 p.m.				
7:00 p.m.		Climb On! 7-8:30 p.m.	Adult Level 2* 7-8:30 p.m.			Center Closed	Center Closed
8:00 p.m.	Unsupervised Open Climb 8-9 p.m.	Unsupervised Open Climb 8:30-9 p.m.	Unsupervised Open Climb 8:30-9 p.m.	Unsupervised Open Climb 8-9 p.m.			

\*Climbing classes or Party - depending on class size, wall may not be available for open climbing.

- Pass or daily admission required for all open climb times
- Supervised Open Climb - Wall is open to all users. All uncertified climbers must purchase a belay ride at Guest Service or have a valid annual pass
- Unsupervised Open Climb - Wall is open to ECC Certified climbers only, no staff available to belay

### Belay Rides (ages 3+)

Come and enjoy the thrill of the pinnacle! Climbing wall attendants will belay climbers on the climbing wall. Equipment is included. Closed toe shoes are required. Free with annual pass. Please show pass to attendant.

Day: Available during supervised open climb

Fee: R \$2.50 / NR \$3 for 1 day of climbing  
R \$10 / NR \$12.50 for a 5 day punch card

### Climbing Wall Certification Test (ages 15+)

Climbing Wall Certification Tests are available during supervised open climb. Climbing certification will allow a guest to use the wall during supervised and unsupervised climbing wall hours.

### Climb On!

Designated climb times for ECC certified climbers to network with other climbers. Climb On! will have staff available to belay.

### Climbing Belay Certification (ages 15+)

This course will teach participants about proper belay techniques and commands. All participants who attend and pass the class will receive an ECC belay certification card. This card will allow individuals to climb, belay and/or boulder during open climbing wall hours with a valid pass or daily admission.

Day: Wednesday  
Dates: 8610.101 - January 28  
8610.103 - March 4  
8610.104 - April 15  
8610.105 - May 20  
Time: 6:30 - 8:30 p.m.  
Fee: R \$39 / NR \$49

### Climbing Belay Refresher (ages 15+)

This clinic will refresh climbers on proper belay techniques. Prior experience with belay technique or ECC climbing certification is required.

Day: Monday  
Dates: 8611.102 - February 2  
8611.104 - March 30  
8611.105 - May 4  
Time: 7:00 p.m.  
Fee: R \$5 / NR \$9



# Climbing (cont.)

## CLIMBING PROGRAMS

### Parent / Child Climb (ages 3-5)

This course offers an opportunity for parents to participate with their child in an introductory level rock climbing course. No experience needed. Climbing safety, commands, and techniques will be introduced. Parents will learn how to put on their child's harness, spot their child, as well as cheer on and support their child. Parents that are ECC belay certified climbers will be able to belay for their child. Parent attendance is mandatory for all classes. Closed toe shoes are required.

Day: Saturday  
Dates: 8661.101 - January 10 - February 7  
8661.103 - February 21 - March 21  
8661.104 - April 11 - May 9  
Time: 8:00 - 8:45 a.m.  
Fee: R \$39 / NR \$49

Day: Saturday  
Dates: 8660.101 - January 10 - February 7  
8660.103 - February 21 - March 21  
8660.104 - April 11 - May 9  
Time: 9:00 - 9:45 a.m.  
Fee: R \$39 / NR \$49

### Mini Climbers (ages 6-9)

This is a great class for youngsters of all levels of climbing experience. Participants will learn teamwork, balance, coordination, commands, technique, and much more. Closed toe shoes are required.

Day: Saturday  
Dates: 8632.101 - January 10 - February 7  
8632.103 - February 21 - March 21  
8632.104 - April 11 - May 9  
Time: 10:00 - 11:00 a.m.  
Fee: R \$45 / NR \$55

Day: Wednesday  
Dates: 8630.101 - January 14 - February 11  
8630.103 - February 25 - March 25  
8630.104 - April 15 - May 13  
Time: 4:30 - 5:30 p.m.  
Fee: R \$45 / NR \$55

### Lil' Girls Rock (ages 6-9)

Little girls rock too! We introduce the sport of climbing from a girl's point of view. This is a beginner climbing class that will teach basic climbing movements, the figure eight knot, commands and ways to keep climbing safe. All topics are taught in a fun way just for girls! Closed toe shoes are required.

Day: Monday  
Dates: 8631.101 - January 12 - February 9  
8631.103 - February 23 - March 23  
8631.104 - April 13 - May 11  
Time: 4:30 - 5:30 p.m.  
Fee: R \$45 / NR \$55

### Youth Climbers (ages 8-14)

Safety, technique development, and basic movements are the main focus of this class. Participants will be taught how to utilize their strength and balance while climbing. This class is perfect for those kids who have moved beyond Mini Climbers or Lil' Girls Rock, but are not ready for Rock Star Climbers. All skill levels welcome. Closed toe shoes are required.

Day: Wednesday  
Dates: 8640.101 - January 14 - February 11  
8640.103 - February 25 - March 25  
8640.104 - April 15 - May 13  
Time: 5:30 - 6:30 p.m.  
Fee: R \$45 / NR \$55

### Girls Rock (ages 8-14)

Girls rule in this class! This is a more advanced class than Lil' Girls Rock. The sport of climbing is taught from a female's point of view. Taught by an experienced female teacher, this class focuses on advanced movements, gear selection, as well as additional climbing techniques, all in a fun and supportive way. Closed toe shoes are required.

Day: Monday  
Dates: 8644.101 - January 12 - February 9  
8644.103 - February 23 - March 23  
8644.104 - April 13 - May 11  
Time: 5:30 - 6:30 p.m.  
Fee: R \$45 / NR \$55

### Rock Star Climbers (ages 8-14)

Advanced climbing movements and technique are developed in this class. This class is designed to be the next step up for those that have out grown the Mini and Youth Climbers classes. Closed toe shoes are required.

Day: Wednesday  
Dates: 8643.101 - January 14 - February 11  
8643.103 - February 25 - March 25  
8643.104 - April 15 - May 13  
Time: 5:30 - 6:30 p.m.  
Fee: R \$45 / NR \$55

### Youth Climbing Camp (ages 7-12)

Campers will spend the week having fun at the climbing wall. Technical aspects of climbing such as body positioning, foot placement and hand grips will be discussed. In addition, we will have contests, and various games to play. Climbers will try to accomplish climbing routes on our wall of varying difficulty. The students will also work on developing their bouldering skills. Closed toe shoes are required.

Day: Monday - Friday  
Dates: 8625.103 - April 6 - April 10  
Time: 4:00 - 6:00 p.m.  
Fee: R \$75 / NR \$95



### Adult Intro to Climbing Level 1: Intro to Indoor Climbing (ages 15+)

Participants will learn and practice basic climbing commands and movement. Participants will also learn how to belay and will become ECC belay certified through this course. General climbing equipment and its practical use will also be covered. Closed toe shoes are required.

Day: Monday  
Dates: 8680.101 - January 12 - February 9  
8680.103 - February 23 - March 23  
8680.104 - April 13 - May 11  
Time: 6:30 - 8:00 p.m.  
Fee: R \$55 / NR \$69

### Adult Climbing Level 2: Transition to Outdoors (ages 15+)

This course will teach participants advanced climbing movements and techniques, and give participants plenty of practice to master the techniques. Other class topics also include: reducing environmental impact when climbing outdoors, as well as gear for outdoor climbing and its use. The purpose of the level 2 class will be to prepare participants to be able to climb outside with an experienced partner, or guide, who would be the lead climber. Participants must be proficient in top rope belay techniques. Closed toe shoes are required and climbing shoes are highly recommended.

Day: Wednesday  
Dates: 8681.101 - January 14 - February 11  
8681.103 - February 25 - March 25  
8681.104 - April 15 - May 13  
Time: 6:30 - 8:00 p.m.  
Fee: R \$55 / NR \$69

# Youth General Interest



Parent or caregiver participation is required for all Kindermusik® classes.



## Sing & Play (ages 11-23 months)

Is your baby walking - walking - walking? No need to sit still in the circle, Sing & Play understands the walker's need to get up and move around the room! You and your new walker will love singing, listening, instrument play, story time, pretend play and creative movement - together! In this 12-lesson unit, we'll explore the themes of "Hello Day!", "Around The House," and "Way Up High!" Each family receives an online library of three mp3 albums, three e-storybooks and other ideas for taking the musical experience home. An additional \$35 home component fee is due to instructor by check or cash on first day of each session. **No Class on March 24 or 31 due to Spring Break.**

Day: Tuesday  
Date: 3215.101 - January 13 - April 14  
Time: 10:15 - 11:00 a.m.  
Fee: R \$145 / NR \$179



## Wiggle & Grow (ages 2-3 years)

For busy parents - trying to bond with busier tots! You'll cherish "our time" to sing, listen, explore instruments, enjoy literature and discover movement - together! In this 12-lesson unit, we'll explore the animal themes of "Pet Parade," "Up in the Sky," and "Down on the Ground." Each family receives an online library of three mp3 album downloads, three e-books, and interactive online activities that Fred Rogers Institute has approved for toddlers on desktop, tablet or mobile device. An additional \$35 home component fee due to instructor by check or cash on first day of class. **No Class on March 24 or 31 due to Spring Break.**

Day: Tuesday  
Date: 3216.101 - January 13 - April 14  
Time: 9:15 - 10:00 a.m.  
Fee: R \$145 / NR \$179  
Sibling: R \$119 / NR \$149

## AMERICAN RED CROSS TRAINING CLASSES

### American Red Cross - Babysitter's Training (ages 11-15)

The American Red Cross Babysitter's Training course provides individuals, ages 11-15, with the information and skills necessary to provide safe and responsible care for children; in the absence of parents or guardians. Please bring a pen/pencil and a sack lunch

Day: Saturday  
Dates: 3250.102 - January 31  
3250.103 - March 7  
3250.104 - April 11  
Time: 9:00 a.m. - 4:00 p.m.  
Fee: R \$75 / NR \$95



## EARLY LITERACY CLASS

### Sounds and Rhymes - SensAble Learning Class

Sounds® and Rhymes is a family literacy class. Children use multiple senses to experience letter sounds and nursery rhymes. This class is interactive, engaging and hands-on, blending Montessori-minded practice with mainstream tradition. In this 5 week class, parents and tots will alternate between letter-sound exploration and experiences with nursery rhymes.

Day: Thursday  
Dates: January 15 - February 12  
February 19 - March 19  
April 9 - May 7  
Time: 10:00 - 10:30 a.m. for 0 to 18 months  
10:45 - 11:15 a.m. for 18 months to 3 years  
Fee: R \$60 / NR \$65

## PIANO LESSONS

### Piano Lessons (ages 5 +)

This new class will offer quality one-on-one instruction for students of all ages in a caring and positive environment. Participants will learn the basics of piano playing as well as how to read music and gain a good understanding about the piano. Lessons will run for a ½ hour per participant and sessions will be available to purchase in a packages of four lessons for \$100. Beginner, Intermediate, and Holiday lessons will be available.

Day: Tuesday  
Dates: Session I: January 6 - January 27  
Session II: February 10 - March 3  
Session III: March 17 - April 14 (No class April 6)  
April 28 - May 19  
Times: Half hour sessions from 6:00 through 8:00 p.m.  
Fee: \$100

For registration information please visit [erieco.gov](http://erieco.gov) or contact Megan Langerak at 303-926-2797 or [melangerak@erieco.gov](mailto:melangerak@erieco.gov).

## SEWING

### Youth Sewing (ages 9-15)

This sewing course teaches participants the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Additional sewing techniques will be introduced as the class progresses in ability. Students will work with the instructor to select projects at their skill level. Sewing machines are provided, but students are welcome to bring their own. Options for needed materials will be discussed on the first day.

Day: Tuesday  
Dates: 3236.101 - January 13 - February 10  
3236.102 - February 24 - March 17, and March 31  
3236.104 - April 14 - May 12

Day: Wednesday  
Dates: 3236.105 - January 14 - February 11  
3236.106 - February 25 - March 18, and April 1  
3236.107 - April 15 - May 13

Time: 4:30 - 6:00 p.m.  
Fee: R \$45 / NR \$55

# Youth General Interest (cont.)

## HUNTERS SAFETY

### Hunter Education (ages 10+)

This course allows the opportunity for individuals to become familiar with the fundamentals of firearm handling and safety. The Colorado Division of Wildlife requires this certification for all hunters who were born after 1949. Attendance is required for every class to complete the certification. Class will be held Monday, Wednesday and Friday at the Center. On Saturday class will be held at the Green Mill Shooting Range in Erie.

Day: Monday, Wednesday, Friday, Saturday  
Dates: 3240.102 - February 16, 18, 20, 21  
Time: 5:30 - 8:30 p.m. - Monday, Wednesday, Friday  
9:00 a.m. - 1:00 p.m. - Saturday  
Fee: R \$10 / NR \$10

## KARATE

### BENNETT’S KARATE ACADEMY

*Uechi-Ryu is an Okinawan martial art that consists of both Chinese Kung Fu and Okinawan Karate. Uechi-Ryu Kokusai Karate-Do teaches students how to fight in close combat, utilizing fast kicks and punches, throwing, and joint locks while using the body’s “center” in order to optimize the amount of power. For more information visit [www.bennettskarate.com](http://www.bennettskarate.com) or phone 303-947-3908.*



### Kids’ Karate (ages 4-6)

In this class participants concentrate on karate basics through fun drills that develop coordination, discipline and exercise the body. Students will also learn to count from 1-10 in Japanese as well as learn basic Japanese phrases used in the dojo. This program has its own ranking system and its purpose is to prepare younger students for the beginner or intermediate classes.

Day: Saturday  
Dates: 3291.101 - January 10 - January 31  
3291.102 - February 7 - February 28  
3291.103 - March 7 - March 28  
3291.104 - April 4 - May 2 (No class April 18)  
Time: 11:30 a.m. - 12:00 p.m.

Dates: 3292.101 - January 10 - January 31  
3292.102 - February 7 - February 28  
3292.103 - March 7 - March 28  
3292.104 - April 4 - May 2 (No class April 18)  
Time: 12:00 - 12:30 p.m.

Fee: R \$35 / NR \$45 - Sibling Fee \$30

### Beginner Karate (ages 7+)

This class is for youth aged students who are new to karate or have just graduated from kids’ karate. Please note that this class is combined with the intermediate and advanced class.

Day: Monday & Thursday  
Dates: 3290.101 - January 5 - January 29  
3290.102 - February 2 - February 26  
3290.103 - March 2 - March 26  
3290.104 - March 30 - April 23  
Time: 5:30 - 6:15 p.m.  
Fee: R \$45 / NR \$55 - Sibling Fee \$39

### Intermediate Karate (ages 7+)

This class is for those students who are ready for yellow belts (ready to test) and higher, and beginner adult students.

Day: Monday & Thursday  
Dates: 4290.101 - January 5 - January 29  
4290.102 - February 2 - February 26  
4290.103 - March 2 - March 26  
4290.104 - March 30 - April 23  
Time: 5:45 - 6:45 p.m.  
Fee: R \$45 / NR \$55 - Sibling Fee \$39

### Advanced Karate (ages 7+)

This class is for those students who are ready for green belts (ready to test) or higher.

Day: Monday & Thursday  
Dates: 4291.101 - January 5 - January 29  
4291.102 - February 2 - February 26  
4291.103 - March 2 - March 26  
4291.104 - March 30 - April 23  
Time: 5:45 - 7:00 p.m.  
Fee: R \$45 / NR \$55 - Sibling Fee \$39

### Black Belt Karate (ages 7+)

This class is for those students who are ready for black belts (ready to test, i.e. senior advanced brown belt) or higher.

Day: Monday & Thursday  
Dates: 4294.309 - January 5 - January 29  
4294.310 - February 2 - February 26  
4294.311 - March 2 - March 26  
4294.312 - March 30 - April 23  
Time: 5:30 - 7:00 p.m.  
Fee: R \$45 / NR \$55 - Sibling Fee \$39

### Aikido (ages 7+)

Aikido classes are held at the Bennett’s Karate-Dojo, located at 315 Briggs Street. Aikido is a Japanese Martial art developed by Morihei Ueshiba in the 1920’s and 1930’s. It is used to defend and disarm while also protecting the attacker from serious injury. Joint locking techniques and throwing motions are performed in a way as to blend with the attacker and re-direct the force rather than opposing it. Students will also learn various ground locking positions, to fall properly, as well as, how to take down an opponent. This is a traditional martial art and will require students to learn how to understand Japanese terminology. The use of white karate-style uniforms and Hakama is required after beyond beginner classes.

Day: Saturday  
Ages: 7-12  
Dates: 4292.109 - January 10 - January 31  
4292.110 - February 7 - February 28  
4292.111 - March 7 - March 28  
4292.112 - April 4 - April 25  
Time: 11:10 a.m. - 12:00 p.m.

Ages: 12+  
Dates: 4293.109 - January 10 - January 31  
4293.110 - February 7 - February 28  
4293.111 - March 7 - March 28  
4293.112 - April 4 - April 25  
Time: 12:00 - 1:00 p.m.

Fee: R \$45 / NR \$55 - Sibling Fee \$39



# Youth General Interest (cont.)

## YOUTH DANCE LA BELLA DANCE ACADEMY

For more information on dance clothes, shoes, or which class is right for you, contact Summer Christensen at 720-666-4603 or [labella.academy@gmail.com](mailto:labella.academy@gmail.com)

At the end of this session of classes, students will have the opportunity to participate in a large spring recital showcasing their talents. If you choose to participate in this recital, a costume purchase and a \$25 recital fee will be required and paid separately to La Bella Dance Academy during the session.

### Jump N' Jive Show Choir (ages 7-13)

Like to sing and dance? Interested in competing in talent shows? Want to learn how to improve your performance abilities and stage presence? This class will teach boys and girls how to become better stage performers. Let your child develop their self-confidence through this fun class.

Day: Tuesday  
Dates: 3268.101 - January 6 - April 21 (No class April 7)  
Time: 5:00 - 6:00 p.m.  
Fee: R \$185 / NR \$229

### Acting/Theatre Class (ages 7-14)

New acting/theatre class! Like to act? Want to learn more? Then this class is for you! Participants will develop performance and public speaking skills, learn about the stage and how to act. All kids will participate in some prop construction projects and will perform at an end of session show.

Day: Tuesday  
Dates: 3283.208 - January 6 - April 21 (No class April 7)  
Time: 4:00 - 5:00 p.m.  
Fee: R \$185 / NR \$229

### Creative Movement - Pre-Ballet/Tap (age 3)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet.

Day: Wednesday  
Dates: 3282.101 - January 7 - April 22 (No class April 8)  
Time: 10:00 - 10:45 a.m.

Day: Thursday  
Dates: 3285.101 - January 8 - April 23 (No class April 9)  
Time: 10:00 - 10:45 a.m.

Day: Saturday  
Dates: 3288.101 - January 10 - April 25 (No class April 11)  
Time: 10:00 - 10:45 a.m.

Fee: R \$169 / NR \$209

### Creative Movement - Pre-ballet/Tap (ages 3 and 4)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet.

Day: Tuesday  
Dates: 3281.101 - January 6 - April 21 (No class April 7)  
Time: 4:15 - 5:00 p.m.  
Fee: R \$169 / NR \$209

### Creative Movement – Pre-ballet/Tap (age 4)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet.

Day: Wednesday  
Dates: 3283.101 - January 7 - April 22 (No class April 8)  
Time: 10:45 - 11:30 a.m.

Day: Thursday  
Dates: 3284.101 - January 8 - April 23 (No class April 9)  
Time: 10:45 - 11:30 a.m.

Day: Saturday  
Dates: 3289.101 - January 10 - April 25 (No class April 11)  
Time: 10:45 - 11:30 a.m.  
Fee: R \$169 / NR \$209

### Beginner Ballet/Tap (age 5)

For the dancer whom has had very minimal dance experience; less than or equal to 2 years.

Day: Wednesday  
Dates: 3259.101 - January 7 - April 22 (No class April 8)  
Time: 5:45 - 6:30 p.m.  
Fee: R \$169 / NR \$209

### Beginner/Intermediate Ballet/Tap (ages 5-10)

For the dancer who has had minimal dance experience and/or 2 or more years experience.

Day: Monday  
Dates: 3267.309 - January 5 - April 20 (No class April 6)  
Time: 4:15 - 5:15 p.m.  
Fee: R \$185 / \$229

### Beginner Ballet/Jazz (ages 5-8)

For the dancer who has had minimal dance experience; less than or equal to 2 years.

Day: Wednesday  
Dates: 3269.101 - January 7 - April 22 (No class April 8)  
Time: 4:00 - 5:00 p.m.  
Fee: R \$185 / NR \$229

### Intermediate Ballet/Jazz (ages 7-12)

For the dancer who has had at least 2 years dance experience.

Day: Thursday  
Dates: 3266.101 - January 8 - April 23 (No class April 9)  
Time: 4:15 - 5:15 p.m.  
Fee: R \$185 / NR \$229

### Hip Hop (ages 6-12)

Get ready for some fun in this beginner and intermediate level hip hop class! Come prepared to really move! Please wear loose clothes and tennis shoes.

Day: Wednesday  
Dates: 3265.101 - January 7 - April 22 (No class April 8)  
Time: 5:00 - 5:45 p.m.  
Fee: R \$169 / \$209

**BALLROOM DANCE FOR KIDS!**

# Youth General Interest (cont.)

## YOUTH DANCE (cont.)

### Beginner/Intermediate Ballroom Dance for Kids (ages 7-14)

Each group will learn steps for Waltz, Swing, Cha Cha, Foxtrot, Samba and others. All levels are welcome! Partners are encouraged but no required. Discounts available if you sign up with a partner. Please wear stretchy pants and shirts, and dress shoes or tennis shoes (no jeans or flip flops).

Day: Wednesday  
Dates: 3287.103 - January 7 - April 22 (No class April 8)  
Time: 6:30 - 7:30 p.m.  
Fee: R \$185 / NR \$229 - per person  
R \$285 / NR \$355 - per couple

## GYMNASTICS GINA'S SUPER BUS, INC.

An annual \$10 registration fee will be collected by the instructor on the first day of class. Please bring cash or check only. This is a parent drop-off program. Parent visitation day is the last day of the program. All classes meet in the south gym or racquetball court #1. For more information about Super Bus Gymnastics, or which class is right for you, contact Gina Crescentini at 303.828.3383 or [ginacrescentini@yahoo.com](mailto:ginacrescentini@yahoo.com)



\*Fee: R \$32.50 / NR \$45 (3 weeks)  
\*\*Fee: R \$45 / NR \$55 (5 weeks)  
\*\*\*Fee: R \$65 / NR \$79 (6 weeks)  
\*\*\*\*Fee: R \$75 / NR \$95 (7 weeks)  
\*\*\*\*\*Fee: R \$85 / NR \$105 (8 weeks)

### Super Bus Gymnastics Gym Tots (ages 2½ - 3½)

The Gym Tots class focuses on a combination of basic motor movements, body positions, coordination, balance, and the introduction of beginner gymnastics skills. The class will help start your child's foundation for all athletic development and help them develop listening skills, comfort in a social setting and following instructions. Children develop their skills through work on balance beams, bars, rings, trampolines and tumbling mats. All skills and equipment are scaled down to accommodate each child's size and level of ability. Classes will be held on the Super Bus and inside the Center's gymnasium.

Day: Wednesday  
Dates: 3273.101 - January 7 - February 25\*\*\*\*\*  
3273.103 - March 4 - March 25\*\*  
3273.104 - April 8 - May 13\*\*\*

Day: Thursday  
Dates: 3210.101 - January 8 - February 26\*\*\*\* (No class February 19)  
3210.103 - March 5 - March 26\*\*  
3210.104 - April 9 - May 14\*\*\*

Day: Friday  
Dates: 3278.101 - January 9 - February 27\*\*\*\* (No class February 20)  
3278.103 - March 6 - March 27\*\*  
3278.104 - April 10 - May 15\*\*\*  
Time: 9:15 - 10:00 a.m.

### Super Bus Gymnastics Tumblers (ages 3½-5)

This class builds on skills previously learned in Gym Tots and takes your gymnast to a higher level. More complex skills and combinations are taught with a focus on more attention to detail. Students improve their strength, coordination, flexibility, and self-confidence while enjoying a fun and challenging approach to learning. Classes will be held both on the Super Bus and inside the Center's gymnasium. This is a parent drop off program.

Day: Wednesday - 10:15 - 11:00 a.m.  
Dates: 3274.101 - January 7 - February 25\*\*\*\*\*  
3274.103 - March 4 - March 25\*\*  
3274.104 - April 8 - May 13\*\*\*

Day: Thursday - 10:15 - 11:00 a.m.  
Dates: 3211.101 - January 8 - February 26\*\*\*\* (No class February 19)  
3211.103 - March 5 - March 26\*\*  
3211.104 - April 9 - May 14\*\*\*

Day: Friday - 10:15 - 11:00 a.m.  
Dates: 3279.101 - January 9 - February 27\*\*\*\* (No class February 20)  
3279.103 - March 6 - March 27\*\*  
3279.104 - April 10 - May 15\*\*\*

Day: Wednesday - 11:15 a.m. - 12:00 p.m.  
Dates: 3275.101 - January 7 - February 25\*\*\*\*\*  
3275.103 - March 4 - March 25\*\*  
3275.104 - April 8 - May 13\*\*\*

Day: Thursday - 11:15 a.m. - 12:00 p.m.  
Dates: 3212.101 - January 8 - February 26\*\*\*\* (No class February 19)  
3212.103 - March 5 - March 26\*\*  
3212.104 - April 9 - May 14\*\*\*

Day: Friday - 11:15 a.m. - 12:00 p.m.  
Dates: 3280.101 - January 9 - February 27\*\*\*\* (No class February 20)  
3280.103 - March 6 - March 27\*\*  
3280.104 - April 10 - May 15\*\*\*

### Super Bus Gymnastics Beginner Gymnastics (ages 6-9)

Gymnasts at this level will continue to build their skills in all areas of the sport. This is a supportive, non-competitive program. The goal of this program is to have fun with your gymnastics friends while improving trampoline skills, coordination, strength, flexibility, and spatial awareness. Skills will be developed through use of equipment in the Super Bus and in the Center's Gym. Activities will be emphasized by a fun learning environment. These classes are a great continuation of our preschool program. Prior gymnastics experience is recommended for the Thursday class.

Day: Thursday  
Dates: 3277.101 - January 8 - January 22\*  
3277.103 - March 5 - March 26\*\*  
3277.104 - April 9 - May 14\*\*\*  
Time: 4:00 - 4:45 p.m.



# Youth General Interest (cont.)

## ARTS AND CRAFTS

### HARMONY'S A.C.T.



#### Messy Monday's Parent and Tot art class (ages 18 mos. - 4)

This class is designed for you and your child to create art by making a mess and exploring a large range of art materials. We will be making three projects each class. Materials are non-toxic and earth friendly. We do use food in this class so please let the instructor know of any allergies.

Day: Monday  
Date: Winter Animals - 3306.101 - Jan 12 - Feb 23 (No class 2/16)  
Spring Themes - 3306.102 - Mar 9 - April 20 (No class 4/6)  
Time: 9:00 - 9:45 a.m.  
Fee: R \$69 / NR \$85

#### Preschool Art (ages 2-5)

This art class is designed for your little artist to explore all different types of art mediums while using recycled, reusable, and earth friendly materials. Each week children will make three art projects around a story that they read each class. This is a drop off class. It is not required that children be potty trained. Come play, sing, read stories, and create art!

Day: Monday  
Date: Winter Animals - 3305.101 - Jan 12 - Feb 23 (No class 2/16)  
Spring Themes - 3305.103 - Mar 9 - April 20 (No class 4/6)  
Time: 10:00 - 11:15 a.m.  
Fee: R \$95 / NR \$119

#### Canvas to Canvas (ages 5-9)

This is a class will guarantee to fill a wall full of one of a kinds art pieces! Participants will be working with a large range of art materials and mediums on canvas: pastels, watercolor, fabric, and acrylics, sure to all be masterpieces. Kids will get to help pick the themes that we paint each week.

Day: Monday  
Dates: 3308.311 - January 19 - March 2  
Time: 4:00 - 5:00 p.m.  
Fee: R \$115 / NR \$ [ ]



#### Frozen Day Camp (ages 2-6)

Join us as we explore the world of Frozen. We will make an Olaf, an Elsa snowflake crown, a crystal castle and other Frozen inspired art. A snack is included.

Day: Friday  
Date: 3304.103 - January 2  
Time: 9:00 a.m. - 12:00 p.m.  
Fee: R \$40 / NR \$45



#### Spring Break Lego Star Wars (ages 4-9)

Come play and build your favorite Star Wars Lego character out of clay, a Lego spaceship and play "The Wheel of Lego" in a building challenge.

Day: Tuesday  
Date: 3302.103 - March 31  
Time: 2:00 - 4:00 p.m.  
Fee: R \$35 / NR \$40

#### Spring Break Art (ages 4 -9)

Join us as we welcome spring by making a wood birdhouse to paint, a cement stepping stone using glass beads, and a flower pot to paint and plan our flowers in. Snack will be provided.

Day: Thursday  
Date: 3301.103 - April 2  
Time: 1:00 - 3:00 p.m.  
Fee: R \$35 / NR \$40



## SKATEBOARDING

### SQUARE STATE SKATE



Run by professional educators, Square State Skate has more experience engaging youth, directing programs and skating with kids than any other program around. Our commitment to families and the community is paramount and our techniques are unmatched when it comes to helping kids grow and learn, both on and off of their skateboard. Learn more about us at [www.squarestateskate.com](http://www.squarestateskate.com).

*Anyone can learn tricks... we focus on the kids!*

#### Saturday Sessions (ages 5-17)

Come shred with Square State Skate's experienced staff all year round. We will skate together, play skate-related games, work on new skills and tricks, learn about skateboarding history, and just enjoy the unique skateboarding community. Basic skills, safety, etiquette, old tricks, new tricks... have fun with them all. A helmet and a skateboard required. Also bring some energy and your smile and start your Saturdays with some like-minded goofballs! In the case of inclement weather or snow, sessions will be cancelled.

Day: Saturday  
Dates: 5252.216 - March 14  
5252.220 - April 11  
5252.224 - May 9  
Time: 9:00 - 10:30 a.m.  
Fee: R \$20/ NR \$25

#### Square State Skate's "Spring Break Skate Get-Away" (ages 5-15)

Spend your Spring Break with Square State Skate! Spend 5 days with an elite crew of skateboard goofballs, travel to exotic skate destinations, roll with sponsored skaters, and explore skateboarding like you never have before! Learn some new skills and experience all the different areas of skating, from safety and etiquette to advanced park riding. Come join us for some laughs and be a part of our active skateboard community.

Day: Monday - Friday  
Dates: March 23 - March 27  
Time: 8:30 a.m. - 3:30 p.m.  
Fee: Single days: \$70/day  
5252.215 - 3-Day option: \$200  
5252.217 - Full Week option: \$300





## NO SCHOOL DAYS



Join us for a day of climbing, gym games, swimming and arts and crafts while you have a day off from school! Bring a bathing suit and towel, a sack lunch and two snacks. Before and after care is included in camp fees. Before care is from 7:00 - 9:00 am, and after care is from 5:00 - 6:00 pm. Camp Erie is a state licensed childcare program. Ages 5-12.



DAY	DATE	TIME	FEE
Friday	3809.312 - January 2	9:00 a.m. - 5:00 p.m.	R \$29 / NR \$35
Monday	3808.313 - January 19	9:00 a.m. - 5:00 p.m.	R \$29 / NR \$35
Monday	3804.101 - February 16	9:00 a.m. - 5:00 p.m.	R \$29 / NR \$35
Friday	3810.103 - February 27	9:00 a.m. - 5:00 p.m.	R \$29 / NR \$35

## SPRING BREAK CAMP

Join us for a week of fun! Creative arts, climbing, swimming, structured team games and more, will fill your child's days. Just to add to the fun, all campers will go on a field trip on the Thursday of Spring Break week. Activities will start at 9:00 a.m. and conclude at 5:00 p.m. Before and after care is included in camp fees. Before care starts at 7:00 a.m. and after care ends at 6:00 p.m. Space is limited so register early! Please read the Parent Packet and complete the participant forms at least one week before attending camp. Participant forms must be submitted once per calendar year. More information can be found at [www.erieco.gov/camperie](http://www.erieco.gov/camperie). Registration deadline is April 3. The Spring Break field trip will be listed by January 31, 2015. Camp Erie is a state licensed day camp program. Ages 5-12.

DAY	DATE	TIME	FEE
Monday - Friday	3801.104 - April 6 - April 10	9:00 a.m. - 5:00 p.m.	R \$179 / NR \$219
Monday	3802.104 - April 6	9:00 a.m. - 5:00 p.m.	R \$45 / NR \$55
Tuesday	3803.104 - April 7	9:00 a.m. - 5:00 p.m.	R \$45 / NR \$55
Wednesday	3804.104 - April 8	9:00 a.m. - 5:00 p.m.	R \$45 / NR \$55
Thursday	3805.104 - April 9	9:00 a.m. - 5:00 p.m.	R \$55 / NR \$65
Friday	3806.2014 - April 10	9:00 a.m. - 5:00 p.m.	R \$45 / NR \$55



**VISIT [WWW.ERIECO.GOV/CAMPERIE](http://WWW.ERIECO.GOV/CAMPERIE) FOR:**  
More Information, Parent Packet, Participation Forms, Field Trips and MORE!

# Adult General Interest

## SEWING

### Adult Sewing (ages 16+)

This sewing course teaches participants the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Additional sewing techniques will be introduced as the class progresses in ability. Students will work with the instructor to select projects at their skill level. Sewing machines are provided, but students are welcome to bring their own. Options for needed materials will be discussed on the first day.

Day: Tuesday  
Dates: 4236.101 - January 13 - February 10  
4236.102 - February 24 - March 17, and March 31  
4236.104 - April 14 - May 12  
Time: 6:00 - 7:30 p.m.  
Fee: R \$45 / NR \$55

## FAMILY CLASSES

### The Family Whisperer - Parenting the Love & Logic Way™ (ages 18+)

2015 is here and a great time to refresh and or update your parenting skills! Parenting the Love & Logic Way™ provides simple and easy to use techniques to help parents have less stress and enjoy their kids more. Each week we will address issues all families struggle with, and offer practical tools that you can immediately use. Participants must register before attending class.

- Session I: Put an End to Arguing, Back-talk and Begging
- Session II: Setting Enforceable Limits and Sticking To Them
- Session III: Avoiding Power Struggles
- Session IV: Guide kids to Own and Solve Their Problems

Day: Wednesday  
Dates: 5255.201 - Session I - January 28  
5255.202 - Session II - February 4  
5255.203 - Session III - February 18  
5255.204 - Session IV- February 25  
Time: 6:00 - 7:45 p.m.  
Fee: All Sessions, One Parent - R \$90 / NR \$105  
All Sessions, Two Parents - R \$130 / NR \$145  
Single Session, One Parent - R \$29 / NR \$35  
Single Session, Two Parents - R \$45 / NR \$55

## ADULT CLASSES

### We Need to Talk – Talking with Older Drivers

How do you know when it's time for your loved one to limit or stop driving? It's a tough subject for most families, but it's a serious matter. This seminar, taught by an AARP volunteer, will help you determine how to assess your loved ones' driving skills and provide tools to help you have this important conversation. **Registration deadline is March 1.**

Day: Saturday  
Date: 5325.103 - March 7  
Time: 1:00 - 3:00 p.m.  
Fee: Free

### Watercolor Exploration

This class will be about experimenting with numerous watercolor techniques and allowing one's intuition greater freedom. Each student's individual personality will determine the outcome of their work. All levels of artists are welcome. Pick up the supply list from Guest service (materials are not provided). For additional information, contact Dianne at [iwidom@earthlink.net](mailto:iwidom@earthlink.net) or [www.diannewidom.com](http://www.diannewidom.com) or 720.524.4893. Instructor: Dianne Widom

Day: Tuesday  
Date: 5326.104 - April 21 - May 26  
Time: 1:30 - 4:00 p.m.  
Fee: R \$59 / NR \$75

### Jewelry Making Without Soldering

This introductory workshop offers adults the opportunity to experience fundamental jewelry making minus the torch. Five fun sessions allow participants to get acquainted with simple pliers and hand tools. Assembly, wire shaping, wrapping and hammering include the variety of techniques covered. No prior experience necessary. **A \$10 material fee is due to instructor at first class. Registration deadline is two weeks prior to class.**

Day: Thursday  
Date: 5333.102 - February 12 - March 12

Day: Thursday  
Date: 5337.104 - April 9 - May 7

Time: 6:30 - 8:30 p.m.  
Fee: R \$65 / NR \$79

### Will Seminar

This will seminar is a simple one-step class for anyone ages 18 years and older which provides a notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar from an experienced estate planning attorney. This unique three-hour class provides great value to participants by providing finished estate planning documents at a fraction of the typical cost for these documents. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class. Cost is per person. All materials provided. **Registration deadline is February 19. You will pay the instructor \$109 or \$135 the day of the class.**

Day: Tuesday  
Date: 5305.102 - February 24  
Time: 5:30 - 8:30 p.m.  
Fee: R \$109 / NR \$135

**LOOKING FOR MORE?**  
**SEE PAGES 29 - 30 FOR ADULT SPORTS**  
**& THE DROP-IN SPORTS SCHEDULE**

**SEE PAGES 31 - 39 FOR MORE**  
**ADULT PROGRAMS AND TRIPS!**

# Special Events

**DON'T FORGET!**  
**KRIS KRINGLE'S COOKIEFEST**  
DECEMBER 22, 2014 • 1:00 - 3:00 P.M.  
Registration is now open!

## 9HealthFair

OWN YOUR HEALTH

Saturday, April 18 • 7:00 a.m. - 12:00 p.m.

Do you know your numbers? Come find out and join the thousands from around Colorado at the 9Health Fair.

This year's fair will be held at the Erie Community Center on Saturday, April 18 from 7:00 am - 12:00 pm. The 9Health Fair has been providing low cost blood chemistry screenings and health screenings for over 30 years. Medical and non-medical volunteers are needed. Please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov) for more information or visit [www.erieco.gov/specialevents](http://www.erieco.gov/specialevents).

## ARBOR DAY &

## EARTH DAY CELEBRATION



TREE CITY USA

Join us on Saturday, April 25 at 10:00 a.m. at Longs Peak Park for the 18<sup>th</sup> Annual celebration!  
No pre-registration is required • Free to the public!

## FISHING CLINIC AT THOMAS RESERVOIR

This popular event is scheduled for Saturday, May 9 from 9:00 a.m. - 12:00 p.m.

Learn about fishing, casting and baiting techniques, become familiar with varieties of local fish and enjoy some great fishing!

This is a free event, but pre-registration is needed!

Registration opens March 1.



MARK YOUR  
CALENDARS  
FOR THESE  
COMMUNITY  
EVENTS!

COUNTRY CHRISTMAS & PARADE OF LIGHTS • DECEMBER 5, 2014 • HISTORIC DOWNTOWN ERIE

COMMUNITY SHOWCASE • FEBRUARY 11, 2015 • ERIE COMMUNITY CENTER

ERIE TOWN FAIR & BALLOON FESTIVAL • MAY 16, 2015 • HISTORIC DOWNTOWN ERIE

VISIT [WWW.ERIECO.GOV/SPECIALEVENTS](http://WWW.ERIECO.GOV/SPECIALEVENTS) FOR MORE EVENT INFORMATION!

# Youth Sports

Please visit [www.quickscores.com/erie](http://www.quickscores.com/erie) for league information, free agent lists/info, schedules, maps, surveys, and much more!

**Volunteer Coaches Needed!** If interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov).

## BASKETBALL

### Little Dribblers Basketball (ages 4-5)

Little Dribblers is a great program to teach children basic fundamentals such as dribbling, passing, shooting, and defense. Classes are held once per week for five weeks. Official games will not be played and travel is not required. Fee includes a t-shirt and all equipment is provided. We welcome parent helpers! Please let one of the staff know you wish to help. Registration deadline is one week prior to the first class.

Day: Monday  
Date: January 26 - February 23  
Time: 1108.301 - 4:00 - 4:45 p.m.  
1109.301 - 4:50 - 5:35 p.m.

Day: Wednesday  
Date: January 28 - February 25  
Time: 1112.301 - 4:00 - 4:45 p.m.  
1113.301 - 4:50 - 5:35 p.m.

Day: Thursday  
Date: January 29 - February 26  
Time: 1114.301 - 4:00 - 4:45 p.m.  
1115.301 - 4:50 - 5:35 p.m.

Fee: R \$25 / NR \$29

### 1st & 2nd Grade Basketball (ages 6-8)

1st & 2nd Grade Basketball is a great introduction and progression to league play where children can put their dribbling, passing, shooting, and defensive skills to use in games against other Erie teams. Teams practice once per week and play games on Saturday mornings and/or afternoons. Fee includes a t-shirt. All teams coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is January 4. Space is limited, please register early.

Day: Monday - Saturday  
Date: January 19 - March 7  
Grade: 1116.301 - 1st Grade Coed  
1117.301 - 2nd Grade Coed  
Fee: R \$49 / NR \$59

### Denver Nuggets Skills Challenge (ages 6-13)

Come show off your shooting, dribbling, and passing skills at the Denver Nuggets Skills Challenge. Participants will have the opportunity to advance to a sectional and state competition. There are separate divisions based on age and gender. Participants may only register and participate in one local competition. Online registration deadline is January 7. Day of registration and check-in will begin at 3:00 p.m. Participants may compete anytime between 3:00 - 4:30 p.m..

Day: Saturday  
Date: 1165.207 - January 10  
Time: 3:00 - 4:30 p.m.  
Fee: Free

## DENVER NUGGETS CLINICS



THE NATIONAL BASKETBALL ACADEMY  
**DENVER NUGGETS**  
YOUTH HOOPS • CAMPS • CLINICS • LEAGUES • TRAINING

### Denver Nuggets Youth Basketball Program

Erie Parks & Recreation partners with the Denver Nuggets Youth Basketball Program and the National Basketball Academy to provide high quality basketball programs for basketball players from beginners to professionals!

For more information, or to register, please visit [www.tntbasketball.com/nuggets](http://www.tntbasketball.com/nuggets)

### Private Basketball Training Available!

Take advantage of the National Basketball Academy's professional basketball training program. Key Skills Include: shooting, ball handling, position specific skill development, rebounding, defense, game day decision making, and team play dynamics.

For questions, please contact Marcus King-Stockton at 303.945.9044 or [mking-stockton@thebasketballacademy.com](mailto:mking-stockton@thebasketballacademy.com)

### Denver Nuggets 3-Day Basketball Clinic Series (ages 7-17)

Learn from the best in Erie! The Nuggets 3-Day Basketball Clinics are for boys and girls of all skill levels between ages 7-17 years old. Skill development stations include ball handling, passing, shooting, defense, and rebounding. Camp contests include hot shot, free throws, X-out, lay-ups, and knock out. Along with station work, campers will play in 3 on 3 and 5 on 5 games. All participants will receive a future Nuggets game ticket!

Day: Monday - Wednesday  
Date: Winter Clinic - December 29 - 31  
Time: 12:00 - 3:00 p.m.

Day: Monday - Wednesday  
Date: Spring Clinic - April 6 - 8  
Time: 1:00 - 4:00 p.m.

Fee: \$115 per clinic

### Denver Nuggets Academy Elite Skills Basketball Development Clinic

The Academy Elite Skills Basketball Development Clinic is designed by college basketball players and coaches to help youth and high school players reach their goals as future college athletes. This clinic is designed to imitate a college level practice and workout with drills that include skill work, strength training and conditioning. Players will be challenged and tested as well as provided an evaluation of strengths and weaknesses to help reach their basketball goals.

Day: Tuesday - Thursday  
Date: March 24 - March 26  
Time: 6:00 - 8:00 p.m.  
Fee: \$115



# Youth Sports (cont.)

## Soccer

### Little Kickers (ages 4-5)

Little Kickers is a great introduction to soccer in a fun environment. Practices and games will be held on Saturday mornings at Lehigh Park in Erie Commons. There will be a meet and greet on Saturday, March 28 for kids to receive their shirts, meet their coach, and have a short practice. Game days will consist of a 30 minute practice followed by a 30 minute game. Shin guards are not required, but are highly recommended. All teams are coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is March 15. Space is limited, please register early.

Day: Saturday  
Date: 1178.105 - March 28 - May 16  
Fee: R \$35 / NR \$44  
Field: Lehigh Park in Erie Commons (751 Eichhorn Drive)

### 1st & 2nd Grade Soccer

1st & 2nd Grade Soccer is a great progression to league play where children can put their dribbling, passing, shooting, and defensive skills to use in games against other Erie teams. Teams practice once or twice per week and play games on Saturday mornings and/or afternoons. Fee includes a t-shirt and all players must provide their own shin guards. Soccer cleats (no front cleat) are recommended, but not required. All teams coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is March 1. Space is limited, please register early.

Day: Monday - Saturday  
Date: March 16 - May 16  
League: 1178.103 - 1st Grade Coed  
1178.104 - 2nd Grade Coed  
Fee: R \$49 / NR \$59

### 3rd - 8th Grade Soccer (NVAA)

Players continue to build upon fundamental soccer skills while incorporating game strategies in a slightly more competitive environment. The Northern Valley Athletic Association (NVAA) consists of other agencies and traveling is required. Teams practice in Erie once or twice per week and play games on Saturday mornings and/or afternoons at both home and away locations. Fee includes a jersey and all players must provide their own shin guards. Soccer cleats (no front cleat) are recommended, but not required. All teams coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is February 15. Space is limited, please register early.

Day: Monday - Saturday  
Date: March 2 - May 2  
League: 1179.103 - 3rd - 4th Grade Boys  
1180.103 - 3rd - 4th Grade Girls  
1181.103 - 5th - 6th Grade Boys  
1182.103 - 5th - 6th Grade Girls  
1183.103 - 7th - 8th Grade Coed  
Fee: R \$59 / NR \$69



## CHALLENGER SOCCER CAMPS



For more details on any of the Challenger Soccer Camps and for registration information visit [www.challengersports.com](http://www.challengersports.com) or email Gianluca at [ghorsfall@challengersports.com](mailto:ghorsfall@challengersports.com).

### Challenger Soccer Skill Development Camp (ages 6-14)

Challenger's Skill Development Camp is an experience that combines technical instruction, tactical training, competitive play and lots of fun! During this seven-week program their professional British trainers provide players with the advanced instruction and training necessary to help them compete at a higher level. Each week the players will take part in technical, tactical and physical training sessions that will sharpen skills, improve decision making and increase speed and fitness. Registration deadline is one week prior to the first class. Register online at [www.challengersocceracademy.com](http://www.challengersocceracademy.com).

Day: Monday  
Date: March 30 - May 11  
Time: Ages 6-8: 5:30 - 6:30 p.m.  
Ages 9-14: 6:30 - 7:30 p.m.  
Field: Mitchell Field (450 Powers St)

### Challenger Soccer Camps (ages 3-14)

Challenger Sports has established itself as the premier provider of soccer camps in North America, and has created a unique camp experience that teaches more than just dribbling, shooting, heading, and passing. Challenger's British Soccer Camp is an experience that combines technical instruction, tactical training, competitive play and lots of fun!

- Camp #1: June 1 - 5
- Camp #2: July 13 - 17
- Registration deadline for the free soccer jersey is April 17 and May 29, respectively.

### CAMP OPTIONS

#### 1st Kicks (age 3)

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

Time: 11:00 am - 12:00 p.m.  
Fee: \$91

#### Mini Soccer (ages 4-5)

Fun games, competitions and skill-building activities are designed to enlighten and develop budding players.

Time: 9:00 - 10:00 a.m.  
Fee: \$106

#### Half Day (ages 6-14)

Fun games, competitions and skill-building activities are designed to enlighten and develop budding players.

Time: 9:00 a.m. - 12:00 p.m.  
Fee: \$139

#### Golden Goal (ages 6-14)

The Golden Goal Camp is an add-on session full of fun games!

Time: 1:00 - 3:00 p.m.  
Fee: \$56

# Youth Sports (cont.)

## BASEBALL & SOFTBALL

### IPGSA Softball League (ages 7-18)

Players continue to build upon fundamental softball skills while incorporating game strategies in a slightly more competitive environment. Indian Peaks Girls Softball Association (IPGSA) consists of other agencies and traveling is required. Teams practice in Erie once per week and play games at both home and away locations. Fee includes a jersey and visor, all players must provide their own glove. Age determined as of June 1, 2015. All teams are coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is March 15. Space is limited, please register early.

Day: Monday - Saturday  
Date: March 30 - July 12  
Age: 1155.103 - 8U  
1156.103 - 10U  
1157.103 - 12U  
1158.103 - 14U  
1159.103 - 18U  
Fee: R \$59 / NR \$69

### 4-Star Baseball League (ages 9-14)

Players continue to build upon fundamental baseball skills while incorporating game strategies in a slightly more competitive environment. 4-Star Baseball consists of other agencies and traveling is required. Teams practice in Erie once per week and play games at both home and away locations. Fee includes a jersey and hat, all players must provide their own glove. Age determined as of June 1, 2015. All teams are coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is April 19. Space is limited, please register early.

Day: Monday - Saturday  
Date: May 4 - July 25  
Age: 1162.205 - Pee Wee (9-10 years), Games on Wednesdays/Fridays  
1163.205 - Junior (11-12 years), Games on Mondays/Thursdays  
1164.205 - Senior (13-14 years), Games on Tuesdays/Fridays  
Fee: R \$59 / NR \$69

### Tee Ball League (ages 4-5)

New this year – all practices and games will be played on dirt fields! Players will learn the basic fundamentals of hitting, throwing, fielding, and running, and put these skills to use in games against other Erie teams. Teams practice once per week and play games on Tuesday evenings. Fee includes a t-shirt and hat, all players must provide their own glove. Age determined as of June 1, 2015. All teams are coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is May 17. Space is limited, please register early.

Day: Monday - Friday  
Date: 1160.205 - June 1 - August 4, Games on Tuesdays  
Fee: R \$49 / NR \$59  
Field: Country Fields Park (1890 Tynan Drive)



### Coach Pitch Baseball League (ages 6-7)

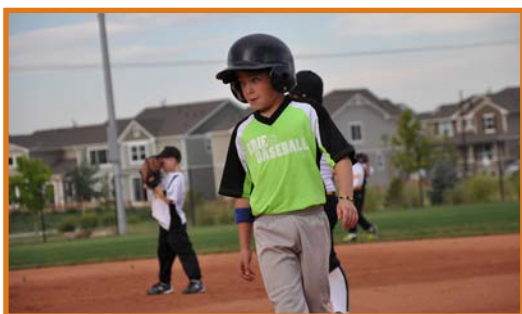
New this year – games will be played at the Ballpark at Erie! Players will learn to hit a pitched baseball while still applying all other skills such as fielding, throwing, and running in games against other Erie teams. Teams practice once per week and play games on Wednesday evenings. Fee includes a t-shirt and hat, all players must provide their own glove. Age determined as of June 1, 2015. All teams are coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is May 17. Space is limited, please register early.

Day: Monday - Friday  
Date: 1161.205 - June 1 - August 5, Games on Wednesdays  
Fee: R \$49 / NR \$59

### Machine Pitch Baseball League (age 8)

New this year – games will be played at the Ballpark at Erie! This league is very similar to the coach pitch league; however, instead of coaches pitching, players will be hitting off of a pitching machine that delivers more accurate and consistent pitches. Teams practice once per week and play games on Wednesday evenings. Fee includes a t-shirt and hat. All players must provide their own glove. Age determined as of June 1, 2015. Travel is not required. All teams are coached by parent volunteers; if interested, please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov). Registration deadline is May 17. Space is limited, please register early.

Day: Monday - Saturday  
Date: 1162.205 - June 1 - August 5, Games on Wednesdays  
Fee: R \$49 / NR \$59



# Youth Sports (cont.)

## TENNIS



### Youth Tennis (ages 4-15)

A fun introduction to tennis for beginners or great continuation for more advanced students! All strokes are covered from forehand to backhand, plus volleys, overhands, net shots, and serves depending on the needs of the participant. This class is high energy with a variety of drills and plenty of fun games. Get your kids involved in a sport they will play for a lifetime! Please bring a tennis racquet each class and one new can of balls on the first practice.

### Tiny Tots Tennis (ages 4-6)

Day: Tuesday & Thursday  
Date: 1139.104 - May 12 - May 28  
Time: 4:20 - 4:50 p.m.

### Youth Beginner Tennis (ages 7-15)

Day: Tuesday & Thursday  
Date: 1140.104 - May 12 - May 28  
Time: 4:55 - 5:45 p.m.

### Youth Intermediate Tennis (ages 7-15)

Day: Tuesday & Thursday  
Date: 1141.104 - May 12 - May 28  
Time: 5:50 - 6:40 p.m.

Fee: R \$69 / NR \$85

### Advanced Youth Tennis Camps (ages 7-15)

This camp is fast-paced with plenty of drills and games to keep all kids interested. We teach all strokes from forehand to backhand, volleys and overheads, along with serves and footwork with a heavy emphasis on correct form. Camp is taught by instructors with a passion for the sport and teaching children.

Day: Monday - Thursday  
Date: 1142.104 - May 4 - May 7  
Time: 5:00 - 6:30 p.m.  
Fee: R \$69 / NR \$85



## GOLF

### Junior Golf (ages 7-13)

This program strives to provide each student with a basic understanding of the golf game and is designed to promote individual achievement as well as the most important aspect of learning golf – having fun! Fundamentals covered include grip. Set-up, pivot, backswing, follow through, putting, chipping, pitching, and bunkers. Instructional classes are taught and supervised by experienced PGA golf professionals and Colorado National Golf Club staff. Golf clubs provided if need. Registration deadline is one week prior to the first class.

Day: Tuesday (ages 7-10)  
Date: 1135.102 - January 27 - February 17  
1135.103 - February 24 - March 17  
1135.104 - April 7 - April 28  
Time: 4:00 - 5:00 p.m.

Day: Thursday (ages 11-13)  
Date: 1136.102 - January 29 - February 19  
1136.103 - February 26 - March 19  
1136.104 - April 9 - April 30  
Time: 4:00 - 5:00 p.m.

Fee: R \$35 / NR \$49



### Private Golf Lessons

Looking to improve your game? Please contact L.P. Hatch at Colorado National Golf Club at 303.926.1723 for more information about private lessons. Mention this ad and receive 15% off.

## PRESCHOOL SPORTS

### PE Mix (ages 3-4)

PE Mix introduces children to sports such as basketball, soccer, tee ball, and individual sports with a strong emphasis on FUN! Classes are held once per week for five weeks. Fee includes a t-shirt and all equipment is provided. Registration deadline is one week prior to the first class. Space is limited, please register early.

Day: Wednesday  
Date: January 21 - February 18  
Time: 1130.102 - 5:00 - 5:45 p.m.  
1130.103 - 5:50 - 6:35 p.m.

Day: Wednesday  
Date: March 4 - April 1  
Time: 1130.104 - 5:00 - 5:45 p.m.  
1130.105 - 5:50 - 6:35 p.m.

Day: Wednesday  
Date: April 15 - May 13  
Time: 1130.108 - 5:00 - 5:45 p.m.  
1130.109 - 5:50 - 6:35 p.m.

Fee: R \$25 / NR \$29



# Youth Sports (cont.)

## Youth Sports General Information

### RECREATIONAL SPORTS PHILOSOPHY

Erie Parks & Recreation strives to provide a positive, safe, and fun environment to allow children of all ages and skill levels the opportunity to play. We provide 2-3 contacts per week with enthusiastic parent volunteer coaches and hope to create an environment that is somewhat competitive and teaches each child valuable life lessons such as teamwork, commitment, hard work, and sportsmanship. At the conclusion of the season, we hope your child learned about the game, improved skills, and wants to play again.

### UNIFORMS

All league fees include a game jersey or t-shirt depending on age. Shorts, pants, or socks are not provided. Jersey colors are chosen at random, no requests will be accepted, and uniforms may not be altered in any way.

### REGISTRATION DEADLINES/WAITLISTS

Registrations are accepted until the registration deadline or until leagues become full, whichever comes first. Additional registrations will be placed on a waitlist and we will only contact you if a spot becomes available. Team numbers are based on the number of volunteer coaches and field/gym availability for each league at the registration deadline. New teams will not be added after the deadline. We strongly encourage you to register as early as possible for each league as space is limited.

### SPECIAL REQUESTS

Only one request will be considered from the following three types of requests:

- 1) **Coach Request** – A request to play on a specific coach’s team. Please confirm with the coach prior to registration.
- 2) **Player/Friend Request** – A request to play on the same team as a friend. Both friends must request each other for the request to be considered.
- 3) **Practice Day Request** – A request to practice on a specific day or time.

*We do everything possible to honor all requests and if a situation arises where we cannot, you will be notified. Requests are not guaranteed. Priority is given based on registration date, so please register early.*

### WHEN WILL I HEAR FROM MY COACH?

Coach meetings are typically held four days after the registration deadline and 1-2 weeks before your first scheduled practice. Team rosters are distributed at the coach meeting and all coaches are encouraged to begin contacting their team members as soon as possible. If you have not heard from your coach by the Thursday before the league is scheduled to start, please contact the Erie Community Center at 303.926.2550 for assistance.



### BACKGROUND SCREENING

All coaches and parents wishing to help must complete a background check every two years. Please contact [volunteer@erieco.gov](mailto:volunteer@erieco.gov) for a form. Thank you!

### OFFICIALS

All leagues for children ages 8 and under are self-officiated by coaches and parent volunteers. Games for ages 9+ are officiated by a contracted official or staff member. Due to the recreational nature of our leagues, in most cases, games will be officiated by one official.

### COMPETITIVE SPORTS OFFERINGS

We understand that Erie Parks & Recreation sports leagues do not fit everyone’s needs so if you are looking for a more competitive offering for your child, we have compiled the following list of organizations in the area that may be a better fit for your family. This list is not all-inclusive and is intended to provide a few options to begin your research.

LEAGUE	WEBSITE
<b>BASEBALL</b>	
Coal Creek Little League	<a href="http://www.ccllbaseball.org">www.ccllbaseball.org</a>
Longmont Baseball League	<a href="http://www.longmontbaseball.org">www.longmontbaseball.org</a>
<b>BASKETBALL</b>	
Gold Crown Foundation	<a href="http://www.goldcrownfoundation.com">www.goldcrownfoundation.com</a>
<b>FOOTBALL</b>	
Erie Youth Football League	<a href="http://www.erieyouthfootball.com">www.erieyouthfootball.com</a>
<b>LACROSSE</b>	
Boulder Valley Lacrosse	<a href="http://www.boulderlacrosse.org">www.boulderlacrosse.org</a>
<b>RUGBY</b>	
Rugby Colorado	<a href="http://www.rugbycolorado.com">www.rugbycolorado.com</a>
<b>SOCCER</b>	
Erie Soccer Club	<a href="http://www.eriesoccerclub.com">www.eriesoccerclub.com</a>
FC Boulder	<a href="http://www.fcbooulder.com">www.fcbooulder.com</a>
Trebol Soccer Club	<a href="http://www.trebolssoccer.org">www.trebolssoccer.org</a>
<b>SOFTBALL</b>	
IPGSA Competitive	<a href="http://www.ipgsa.com">www.ipgsa.com</a>
<b>VOLLEYBALL</b>	
Flatirons Volleyball Club	<a href="http://www.flatironsvbc.com">www.flatironsvbc.com</a>



# Adult Sports

## SOFTBALL

### Adult Spring Softball (ages 18+)

It's time to get your gear out of storage and register for Spring Softball. This season plays six regular season games before a single-elimination tournament for all teams. \$200 down reserves your spot. Registration deadline is March 8.

Day: Tuesday  
Date: March 17 - May 12  
2140.103 - Men's D  
2141.103 - Men's E

Day: Friday  
Date: March 20 - May 15  
2142.103 - Men's D  
2143.103 - Men's E  
2144.103 - Mixed D  
2145.103 - Mixed E

Time: 6:15, 7:15, 8:15 or 9:15 p.m.  
Fee: \$385

### SOFTBALL LEAGUE CLASSIFICATIONS:

- E LEAGUE PLAY** – Recreation (1 homerun per game, all others are outs). The team is a balance of newer players and those with some playing experience. Some established teams.
- D LEAGUE PLAY** – Upper (3 homeruns per game, all others are outs). The team is a balance of experienced and average players looking for a higher level of play who regularly play in leagues and some tournaments.

## BASKETBALL

### Adult Basketball League (ages 18+)

It's time to hit the court for the Winter/Spring basketball season! Teams play 5 vs 5. The season consists of eight games with a single-elimination tournament. \$150 down reserves your spot. Registration deadline is January 30.

Day: Sunday  
Date: February 8 - March 29  
League: 2100.103 - Upper Recreational  
Time: 3:00, 4:00, or 5:00 p.m.

Day: Tuesday  
Date: February 10 - March 31  
League: 2100.102 - Recreational  
Time: 6:15 7:15, 8:15, or 9:15 p.m.

Fee: \$345

## VOLLEYBALL

### Adult Volleyball League (ages 18+)

Register now for Adult Coed Volleyball! This is a 6 vs 6, coed, recreational league that plays a seven game regular season before a single-elimination tournament for all teams. \$150 down reserves your spot. Registration deadline is February 15.

Day: Wednesday  
Date: February 25 - April 29 (no play on March 25)  
League: 2120.108 - Coed Recreational  
Time: 6:45, 7:30, 8:15, or 9:00 p.m.  
Fee: \$289



## SOCCER

### Adult Soccer (ages 18+)

This league is played on a smaller field with only six players at a time (5 plus a goalie). The rules are modified to accommodate the smaller field and encourage frequent substitutions. This results in a fun, fast-paced game that is perfect for all skill and conditioning levels. In the coed league, teams must have at least one player of each gender on the field at all times. Teams play a six game regular season before a single-elimination tournament for all teams. \$150 down reserves your spot. Registration deadline is March 11.

Day: Sunday  
Date: March 22 - May 17 (No games on April 19)  
League: 2170.103 - Men's Recreational  
2171.103 - Coed Recreational  
Time: 9:00 a.m., 10:00 a.m., 11:00 a.m. or 12:00 p.m.  
Fee: \$289

## RACQUETBALL

### Racquetball League (ages 18+)

This recreational league plays eight total matches with a single-elimination tournament. Registration deadline is January 21.

Day: Tuesday  
Date: January 27 - March 24  
League: 2143.211 - Recreational  
Time: 6:00, 6:45, 7:30, or 8:15 p.m.  
Fee: R \$29 / NR \$35

## TENNIS



### Adult Tennis Lessons (ages 16+)

Learn all the basic strokes such as forehand, backhand, serve, return of serve, volleys, and overheads. You will also learn the basic rules and how to score so you can go out with your friends and have a great time. Racquets required.

Day: Tuesday & Thursday  
Date: 2150.104 - May 12 - May 28  
Time: 6:45 - 7:35 p.m.  
Fee: R \$69 / NR \$85

## GOLF



### Private Golf Lessons

Looking to improve your game? Please contact L.P. Hatch at Colorado National Golf Club at 303.926.1723 for more information about private lessons. Mention this ad and receive 15% off.

# Adult Sports (cont.)

## DROP-IN GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 a.m.							
10:00 a.m.							
11:00 a.m.	50+ Pickleball South Court	50+ Pickleball South Court			50+ Volleyball South Court		
12:00 p.m.							50+ Pickleball South Court
1:00 p.m.				50+ Pickleball South Court			
2:00 p.m.					50+ Pickleball South Court		
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.				Adult Basketball North Court	Center Closed	Center Closed	Center Closed
8:00 p.m.							

Please note this schedule only applies to drop-in sports, it does not include scheduled classes and programs. Contact Guest Service at 303.926.2550 for programming that may limit gym availability throughout the day.

### SOFTBALL

#### 50+ Coed Softball

Men and women ages 50+ are invited to join this league offered through the Colorado Senior Softball Association (CSSA). Teams practice on Mondays and play games on Wednesday mornings at locations throughout the Front Range. In addition to the 50+ league, a 70+ league is also available with games played on Mondays. Please visit [www.coloradoseniorsoftball.us](http://www.coloradoseniorsoftball.us) for more information. Registration deadline is March 1.

Day: Mondays & Wednesday  
Date: March 25 - August 19  
League: 2149.103 - All Divisions  
Fee: \$599 per team

### VOLLEYBALL

#### 50+ Coed Volleyball

Play in a league designed specifically for participants 50 years of age or older through the Colorado Senior Volleyball Association (CSVA)! Teams practice on Mondays and play games on Wednesdays at locations throughout the Front Range. Please visit [www.csva.org](http://www.csva.org) for more information. Team captains must also register with and pay an additional \$95 team fee to CSVA. Registration deadline is November 8.

Day: Mondays & Wednesday  
Date: January 7 - March 11  
League: 2122.301 - All Divisions  
Fee: \$299 per team

## DROP-IN ADULT SPORTS SCHEDULE (AGES 18+)

WALLYBALL	
Day:	Wednesday
Time:	6:00 - 9:00 p.m.
Location:	Racquetball Court #1
RACQUETBALL CHALLENGE	
Day:	Thursday
Time:	6:00 - 9:00 p.m.
Location:	Court #1 & Court #2



#### RESIDENT/NON-RESIDENT TEAMS

To qualify as a resident team, 50% or more of the roster must be Erie residents. Please call for non-resident rates.

#### OPEN GYM SCHEDULE

Please contact the Center or look online for open gym times as they will vary throughout the seasons.

# Active Adults 60+

## COLUMBINE LOUNGE ACTIVITIES

The Columbine Lounge is open Monday - Friday, 8:00 a.m. - 4:00 p.m. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents.

Did you know we have many board games and puzzles available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

## DROP-IN ACTIVITIES

Join us during these times when others will be participating in the following activities. These scheduled times are ongoing. All activities in Columbine Lounge unless otherwise noted.

Monday & Friday	9:00 a.m.	*Coffee Talk
*First Monday of the month enjoy Coffee with a Cop		
Monday	1:00 p.m.	Hand & Foot Canasta
Tuesday	12:30 p.m.	Party Bridge
Thursday	9:00 a.m.	Pool
1st & 3rd Friday	9:00 a.m.	Painting, Lehigh Room
Friday	1:00 p.m.	Drop-In Games

## 50+ COED SPORTS / DROP-IN SPORTS

For more information on these programs, please see page 30.

## FRIDAY AFTERNOON BINGO

Join in on the fun in this friendly game of BINGO and an afternoon to socialize with friends. Registration is not required. Bingo is played in the Mitchell room. *Prizes are sponsored by Life Care Center of Longmont.*

Date: 1st Friday of the Month  
Time: 1:30 p.m.  
Fee: FREE

## THURSDAY LUNCHES

Lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:15 p.m. Join us for the social hour beginning at 11:00 a.m. Reservations are required no later than Tuesday at 5:00 p.m. by calling 303.926.2795.  
\$3.00 - Suggested Donation for 60 +  
\$10.00 - Fee for under 60

## AFTER LUNCH ENTERTAINMENT

After the Thursday lunch, join us for free entertainment. Entertainment begins at approximately 12:45 p.m. and is open to anyone, whether you eat lunch with us or not. Entertainment will not be scheduled for every lunch. Please check the schedule in the Active Adult/ SilverSneakers® newsletter or call 303.926.2795.

## COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

## PARTNERSHIP PROGRAMS

### SENIOR LEGAL ASSISTANCE PROGRAM

This free service is offered by Weld County Area Agency on Aging at the Erie Community Center the 4th Thursday of the month. Weld County AAA has a paralegal on staff who will meet with you one-on-one, and a private attorney under contract, to provide the legal advice that is necessary to assist you with your individual matter. They will provide Legal Assistance in civil matters such as Medicare, Medicaid, Social Security, housing, consumer complaints and preparation of Powers of Attorney and Living Will. To be eligible you must be 60 years of age or older and a Weld County resident. Appointments are available from 9:00 a.m. - 12:00 p.m. on the 4th Thursday of each month. Call 303.926.2795, to reserve your appointment. January 22, February 26, March 26, April 23, May 28

### VIA MOBILITY

Via Mobility Services is a full-spectrum mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options information and referral for older adults, people with disabilities, and others living with mobility limitations. Via's on-demand transportation program provides a dedicated vehicle in Erie on Thursdays from 7:30 a.m. to 5:00 p.m. for any trip purpose within the community. Via's on-demand transportation program also provides service to Erie residents to travel to Louisville, Lafayette, Boulder and Longmont on Monday, Wednesday, Thursday and Friday on a space available basis. Ride requests may be made up to seven days in advance. To get started with any of Via's services or to find out more information, please call 303.447.2848 extension 1014 to speak with one of our mobility specialists. Via is a private, nonprofit organization dedicated to promoting independence and self-sufficiency for people living with mobility limitations.  
[www.viacolorado.org](http://www.viacolorado.org).

VISIT PAGE 39 FOR MORE  
PARTNERSHIP PROGRAMS:

MEDICARE COUNSELING  
BLOOD PRESSURE CHECKS  
HEARING SCREENINGS

# Active Adults 60+ (cont.)

## TRIP PHYSICAL ACTIVITY LEVELS:

This is a generalization for trips.

- » **Easy:** Ability to board the bus, easy, mostly sitting
- » **Light:** Mostly sitting, with some walking
- » **Moderate:** Some walking, possible stairs
- » **High:** Lots of walking, stairs, elevation

Please contact the Active Adults Coordinator prior to registration for any questions regarding accessibility. Not all venues are accessible.

For more information on day trip registration, accessibility, etiquette, cancellations and refunds see the trip brochure posted online or pick up a hard copy in the Columbine Lounge.

## CASINO TRIPS

### Mardi Gras Casino - Light

Sit back and relax as you are comfortably taken to the Mardi Gras Casino. The casino package includes \$10 food credit, \$5 free play on card, and free drinks while gambling. You must use your player card to earn points and receive package. You must be age 21 to enroll for these trips. **Meals are on your own. Fee includes transportation. Registration deadline is two weeks prior to date.**

Day: Monday  
Date: 5332.101 - January 26  
5332.102 - February 23  
5332.103 - March 30  
5335.104 - April 27  
5335.105 - May 18  
Time: 8:30 a.m. - 4:30 p.m.  
Fee: R \$3 / NR \$5

## TRIPS

### Kirkland Museum of Fine & Decorative Art & Lunch - Moderate

The art is arranged in “salon style” with fine art in the same galleries with decorative art. Furthermore, at Kirkland Museum paintings and objects are sometimes composed as vignettes. Comparative displays are done where several styles of design, such as Arts & Crafts, Art Nouveau and Wiener Werkstätte are placed in the same gallery so that comparisons are facilitated. After the tour of the museum you will enjoy lunch at the Avenue Grill (price range \$9-\$17). **Meals are on your own. Fee includes transportation and museum. Registration deadline is December 22.**

Day: Wednesday  
Date: 5301.101 - January 7  
Time: 10:00 a.m. - 2:30 p.m.  
Fee: R \$12 / NR \$15

### National Western Stock Show & Mexican Rodeo Extravaganza - High

Filled with cultural pageantry, the Mexican Rodeo Extravaganza features Mexican style bull riding, bareback riding, trick roping and Mariachis, all choreographed by Jerry Diaz, a fourth-generation champion charro. There will be plenty of time to walk around the stock show before the rodeo.

**Meals are on your own. Fee includes transportation, stock show and rodeo. Registration deadline is December 22.**

Day: Sunday  
Date: 5395.101 - January 11  
Time: 10:30 a.m. - 5:00 p.m.  
Fee: R \$35 / NR \$45

### National Archives & Lunch - Light

At the Broomfield facility, they have nearly 50,000 cubic feet of original archival records dating from 1847 to the 1990s. Subjects covered include: homesteading, mining, Indian agencies, railroads, dam construction and other reclamation projects, national parks and forests, naturalizations, the home front during World War II, proceedings of territorial courts. In addition to unique archival records, the Archives facility has a large collection of National Archives microfilm publications. After a guided tour you will enjoy lunch at Famous Dave's BBQ. **Fee includes transportation and tour. Food is on your own. Registration deadline is January 6.**

Day: Wednesday  
Date: 5304.101 - January 21  
Time: 10:30 a.m. - 2:30 p.m.  
Fee: R \$9 / NR \$12

### Budweiser International Snow Sculptures - Breckenridge - High

Snow artists from around the world will compete January 27 through January 31 in Breckenridge at the International Snow Sculpture Championships. Sculptures, which remain on display through February 8 start as 12-foot-tall, 20-ton blocks of snow. Teams from all over the world will compete and using only hand tools, artists achieve finished pieces across five days of sculpting in this one of a kind event. **Fee includes transportation and Snow Sculptures. All food is on your own. Registration deadline is January 16.**

Day: Saturday  
Date: 5391.101 - January 31  
Time: 9:00 a.m. - 5:00 p.m.  
Fee: R \$9 / NR \$12



# Active Adults 60+ (cont.)

## TRIPS (continued)

### IMAX & Denver Museum of Nature and Science - Moderate

The Denver Museum of Nature and Science has so much to offer: Discovery Zone, Egyptian Mummies, Expedition Health, Gems and Minerals, Konovalenko: Gem Carvings of Russian Folk Life, North American Indian Cultures, Prehistoric Journey, Space Odyssey and Wildlife Exhibits. On this trip you will have time to explore the exhibits and see an IMAX film, film name to be released at a later date. You will also have time to eat lunch in the café. **Fee includes transportation, museum and IMAX. Meals are on your own. Registration deadline is January 19.**

Day: Wednesday  
Date: 5334.102 - February 4  
Time: 9:00 a.m. - 3:00 p.m.  
Fee: R \$19 / NR \$25

### Hairspray at the Candlelight Dinner Playhouse - Easy

The big hit musical, winner of eight Tony Awards, that will sweep you away to 1960s Baltimore where the '50s are "so out" and change is in the air. Hairspray is a blockbuster winner with laughter, romance, and deliriously tuneful songs. Queen-sized teen Tracy Turnblad, who has all the right moves, turns her passion for dancing into a spot on the local TV dance program and transforms into an overnight teen celebrity. **Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline is January 28.**

Day: Sunday  
Date: 5386.102 - February 8  
Time: 12:00 - 6:00 p.m.  
Fee: R \$49 / NR \$59

### Celestial Seasoning Tea Tour & Lunch - Moderate

From raw ingredients to finished products, you'll learn all about the wonderful world of tea and see how their wholesome products are blended, packaged and shipped. You'll never look at tea the same way again! The tour takes 45 minutes to complete. After a short video introduction, visitors enjoy a 30-minute walking tour through our factory. There will be free samples and time to shop at the gift shop and eat lunch in the café. **Fee includes transportation and tour. Meal is on your own. Registration deadline is February 1.**

Day: Monday  
Date: 5382.102 - February 16  
Time: 10:00 a.m. - 1:30 p.m.  
Fee: R \$9 / NR \$12

### The Wonder Bread Years at the Union Colony Civic Center - Easy

A salute to the Baby Boomer generation, the Wonder Bread Years starring Pat Hazell is a fast-paced, hilarious production that gracefully walks the line between stand-up and theater. Audiences across the country are enjoying a show that not only restores a much-needed sense of wonder, but leaves them laughing and savoring the past like never before. **Fee includes transportation and show. Registration deadline is February 12.**

Day: Saturday  
Date: 5337.102 - February 28  
Time: 6:00 - 10:30 p.m.  
Fee: R \$19 / NR \$25

### The Glenn Miller Orchestra at the Union Colony Civic Center - Easy

This legendary group continues to perform Glenn Miller's legacy through the music of the 30's and 40's along with some great hits written in the Miller style and sound. The 18 member band features 5 saxophonists, 4 trumpeters, 4 trombonists, 3 rhythm musician, and two vocalists. Since performing in all 50 states, the band has regularly been asked to perform again and again in venues as crowds can't get enough of their distinct sound. **Fee includes transportation and show. Registration deadline is February 12.**

Day: Sunday  
Date: 5383.103 - March 1  
Time: 12:30 - 5:00 p.m.  
Fee: R \$19 / NR \$25

### Dinner Sleigh Ride in Frisco - High

Two Below Zero invites you to join them as they take you on a Colorado experience you'll never forget. You're in for an 'old-fashioned' journey of a lifetime as you travel through breath-taking mountain views. Their dinner sleigh ride and live show is a treat for all. Rides include a memorable old-fashioned dinner experience with homemade meals and family-oriented entertainment. Trips depart from the Frisco Nordic Center. **Fee includes transportation, sleigh ride, dinner and show. Registration deadline is February 16.**

Day: Tuesday  
Date: 5333.103 - March 3  
Time: 2:30 - 9:30 p.m.  
Fee: R \$95 / NR \$115

# Active Adults 60+ (cont.)

## TRIPS (continued)

### The Infinite Monkey Wine Tour & Dinner - Moderate

The Infinite Monkey Theorem is an urban winery operating in a back alley of the RiNo Arts District in Denver. IMT represents a counter culture in winemaking. No vineyard. No pretense. They buy the best grapes and make ridiculously good wine. One Mad Scientist operating a winery in a back alley in the RiNo Arts District of Denver. The tour will guide you through the winery and tastings of their favorite selections. You'll learn a little more about IMT, and taste 4-5 wines along the way. Before the tour you will have dinner at Cinzzetti's. **Fee includes tour and transportation. Meal is own your own. Registration deadline is March 5.**

Day: Saturday  
Date: 5337.103 - March 21  
Time: 4:00 - 8:30 p.m.  
Fee: R \$25 / NR \$29

### Melting Pot - Ft. Collins - Light

The Melting Pot of Fort Collins is located in beautiful and historic Old Town. At The Melting Pot Restaurant, they offer a dining experience like no other; a unique, interactive dining experience creating memorable moments. From the time the first piece of bread is dipped and the last piece of dessert is savored, you'll be graced with the time to discover new things about people you thought you knew. And, those you're getting to know. **Fee includes meal, tax, tip and transportation. Menu: premium filet mignon, herb-crusted chicken and Pacific white shrimp, cheese fondue, salad, and chocolate fondue. Upgrades to menu items are extra. Registration deadline is March 9.**

Day: Wednesday  
Date: 5395.103 - March 25  
Time: 4:00 - 9:00 p.m.  
Fee: R \$49 / NR \$59



### Four Mile Historic Park - Moderate

Nestled on the banks of Cherry Creek, the Four Mile House was the last stop coming west to Denver along the Cherokee Trail. It was a welcome site for the weary travelers, a place to wash off the trail dust, have a drink of cool fresh water, find a home-cooked meal, or spend the night before heading in to Denver. The Four Mile House, a Denver Landmark, is the centerpiece of the Park and is listed on the National Registrar of Historic Places. You will receive a guided tour of the historic house, say hello to horses, goats, and chickens, and learn about the craftsmanship of the historic barns and outbuildings. After the tour you will enjoy lunch at Sam's #3 Dinner. **Fee includes museum and transportation. Meal is own your own. Registration deadline is March 25.**

Day: Saturday  
Date: 5338.104 - April 11  
Time: 9:30 a.m. - 2:30 p.m.  
Fee: R \$9 / NR \$12

### Colcannon in Concert - Light

Authentic, Joyous Irish Music.... traditional with a touch of chamber music and music hall, Colcannon plays Irish music with panache, warmth and wit. Timeless songs and great musicianship transport the audience to another time and place. Guest Artist: Britt Ripley, photographer. Art Show opens at 1:30 p.m., concerts begin at 2:30 p.m. Reception follows each concert. Before the concert you will enjoy lunch at a local Erie restaurant. **Fee includes show and transportation. Food is own your own. Registration deadline is March 2.**

Day: Friday  
Date: 5332.104 - April 17  
Time: 11:30 a.m. - 5:00 p.m.  
Fee: R \$15 / NR \$19

### Joseph and the Amazing Technicolor Dreamcoat - Easy

Audiences are still in love with Joseph and his coat of many colors, the 1973 musical from Andrew Lloyd Webber and Tim Rice. Based on the story in Genesis, Joseph and the Technicolor Dreamcoat is the fable of lost innocence, jealousy and the power of redemption, set to the instantly recognizable genre mixing score! **Fee includes show and transportation. Registration deadline is February 22.**

Day: Thursday  
Date: 5303.104 - April 23  
Time: 12:30 - 5:30 p.m.  
Fee: R \$35 / NR \$45

# Active Adults 60+ (cont.)

## TRIPS (continued)

### Rockies vs. Giants - Moderate

Take me out to the Ball Game and watch the Rockies play the Giants! Enjoy a fall afternoon in the sun with a cold drink in one hand and hotdog in the other. **Fee includes game and transportation. Food is own your own. Registration deadline is April 9.**

Day: Sunday  
Date: 5302.104 - April 26  
Time: 12:30 - 6:00 p.m.  
Fee: R \$19 / NR \$25

### Rockies vs. Diamond Backs - Moderate

Take me out to the Ball Game and watch the Rockies play the Diamond Backs! Enjoy a fall afternoon in the sun with a cold drink in one hand and hotdog in the other. **Fee includes game and transportation. Food is own your own. Registration deadline is April 20.**

Day: Wednesday  
Date: 5303.105 - May 6  
Time: 11:30 a.m. - 5:00 p.m.  
Fee: R \$19 / NR \$25

### ProRodeo Hall of Fame - Moderate

The experience at the ProRodeo Hall of Fame and Museum of the American Cowboy gives attention to educating the visitor regarding the sport's historical beginning and offers an explanation of what the cowboy contestants must experience to become champions. After your visit you will enjoy lunch at the Mason Jar. **Fee includes museum and transportation. Meal is on your own. Registration deadline is April 22.**

Day: Saturday  
Date: 5396.105 - May 9  
Time: 9:00 a.m. - 4:30 p.m.  
Fee: R \$15 / NR \$19



### Cookout in Elk Meadow Park, Evergreen - High

True to its name, Elk Meadow Park is the most likely place in the Open Space system to view herds of elk. The meadow is prime grazing ground for the largest of Colorado's native deer, as well as where mountain bluebirds flit and red-tailed hawks circle the sky hunting for rodents and other prey. While at Elk Meadow you will have time to hike, sit and enjoy the outdoors or view wildlife AND have a home cooked meal by the wonderful staff that serves you. **Fee includes cookout and transportation. Registration deadline is April 28.**

Day: Friday  
Date: 5390.105 - May 15  
Time: 10:00 a.m. - 4:00 p.m.  
Fee: R \$15 / NR \$19

### So You Think You Know Erie: Town Tour - Moderate

We will give you the red carpet tour of some of the town facilities and speak to the Town staff about the facilities, equipment and interesting facts you won't get anywhere else. What a great opportunity to learn about YOUR Town and meet the staff. We will tour the Public Works facility, Water Treatment Plant, Arapahoe Ridge Park, the construction of the Police Station and Municipal Court Building then end with lunch at a local restaurant. **Fee includes tours and transportation. Lunch is on your own. Registration deadline is May 4.**

Day: Tuesday  
Date: 5302.105 - May 19  
Time: 8:45 a.m. - 2:15 p.m.  
Fee: R \$9 / NR \$12

## EXTENDED TRAVEL

### The Charming South

See the beauty of the Old South. Travel from the beaches and Spanish Moss of Savannah & Charleston to the beautiful mountain town of Asheville set in the Great Smokey Mountains. End in the legendary music center Nashville. Includes plantations, carriage rides, beaches, mountains, Biltmore House, amazing food & more! Note: 10 Day/9 Night includes airfare, motor coach transportation, lodging, most meals, admissions, tours, escort. Bus (15 days) or Fly (10 days) option available.

Dates: April 20 - May 3 (Bus), April 23 - May 2 (Fly)  
Fee: Double Occupancy: \$2,995 (same price for bus or fly)  
Single Occupancy: \$3,995 (same price for bus or fly)  
Deposit: \$300  
Insurance Double: \$149  
Insurance Single: \$199



# Active Adults 60+ (cont.)

## CLASSES

### Rubber Stamping

Come join us to make beautiful handmade cards, using fabulous stamp sets and supplies, cool tools, and techniques. **Bring your own scissors and double sided adhesive tape. Registration deadline is one week prior to first class. Instructor: Carolyn Mahoney.**

Day: Monday  
Date: 5315.101 - January 19  
5315.102 - February 16  
5315.103 - March 16  
5315.104 - April 20  
5315.105 - May 18  
Time: 12:00 - 1:15 p.m.

Date: 5316.101 - January 19  
5316.102 - February 16  
5316.103 - March 16  
5320.104 - April 20  
5325.105 - May 18  
Time: 1:15 - 2:30 p.m.

Fee: R \$4 / NR \$6

### We Need to Talk – Talking with Older Drivers

How do you know when it's time for your loved one to limit or stop driving? It's a tough subject for most families, but it's a serious matter. This seminar, taught by an AARP volunteer, will help you determine how to assess your loved ones' driving skills and provide tools to help you have this important conversation. **Registration deadline is March 1.**

Day: Saturday  
Date: 5325.103 - March 7  
Time: 1:00 - 3:00 p.m.  
Fee: Free

### AARP Smart Driver Class

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 15 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. **Registration deadline is one week prior to class. You will pay the instructor \$15 or \$20 the day of the class.**

Day: Friday  
Date: 5311.104 - April 10  
Time: 8:30 a.m. - 1:00 p.m.  
Fee: AARP Member \$15 / Non Members \$20

### Will Seminar

This will seminar is a simple one-step class for anyone ages 18 years and older which provides a notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar from an experienced estate planning attorney. This unique three-hour class provides great value to participants by providing finished estate planning documents at a fraction of the typical cost for these documents. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class. Cost is per person. All materials provided. **Registration deadline is February 19. You will pay the instructor \$109 or \$135 the day of the class.**

Day: Tuesday  
Date: 5305.102 - February 24  
Time: 5:30 - 8:30 p.m.  
Fee: R \$109 / NR \$135

### Watercolor Exploration

This class will be about experimenting with numerous watercolor techniques and allowing one's intuition greater freedom. Each student's individual personality will determine the outcome of their work. All levels of artists are welcome. Pick up the supply list from Guest service (materials are not provided). For additional information, contact Dianne at [iwidom@earthlink.net](mailto:iwidom@earthlink.net) or [www.diannewidom.com](http://www.diannewidom.com) or 720.524.4893. Instructor: Dianne Widom

Day: Tuesday  
Date: 5326.104 - April 21 - May 26  
Time: 1:30 - 4:00 p.m.  
Fee: R \$59 / NR \$75

### Jewelry Making Without Soldering

This introductory workshop offers adults the opportunity to experience fundamental jewelry making minus the torch. Five fun sessions allow participants to get acquainted with simple pliers and hand tools. Assembly, wire shaping, wrapping and hammering include the variety of techniques covered. No prior experience necessary. **A \$10 material fee is due to instructor at first class. Registration deadline is two weeks prior to class.**

Day: Thursday  
Date: 5333.102 - February 12 - March 12

Day: Thursday  
Date: 5337.104 - April 9 - May 7

Time: 6:30 - 8:30 p.m.  
Fee: R \$65 / NR \$79



# Active Adults 60+ (cont.)

## SPECIAL EVENTS

### **Snowflake Festival & The Big Band Sounds by Jerry Moskowitz**

Chase the winter blahs away by joining the Active Adults at the Erie Community Center for our Snowflake Festival and dinner. Enjoy a catered, warm, comfort meal perfect for the cold weather. After dinner you will be entertained by Jerry Moskowitz singing the Big Band songs from the 20's, 30's and 40's. He incorporates audience participation and puppets as an element of comedy or nostalgia. **Registration deadline is January 11. This event is sponsored by Front Range Hospice.**

Day: Friday  
Date: 5328.101 - January 16  
Time: 6:00 - 8:00 p.m.  
Fee: R \$10 / NR \$13

### **Valentine's Potluck**

We welcome our neighbors from the Wattenberg and Carbon Valley Senior Centers to celebrate the Valentine's Day tradition. We promise you great food! Don't forget to bring some extra money to buy your door prize tickets. Registration is required along with a potluck dish. Erie participants please bring a salad, vegetable or main dish to feed 6 or more. **This event is sponsored by the Senior Citizens of the Erie Area Club. Registration deadline is February 5.**

Day: Thursday  
Date: 5331.102 - February 12  
Time: 11:00 a.m. - 2:00 p.m.  
Fee: FREE

### **Brrrr-oadway meets 'Senior Moments**

To take the chill off a cold February evening, come to the Erie Community Center to see "Senior Moments" - several funny, touching and slightly naughty scenes by local playwright Don Fried. It explores the touchy topic of senior dating. The actors alternate scenes from this very funny and touching play with several Broadway tunes to warm your heart including their signature closing number, "I Remember It Well" from Gigi. Come see this lovely show and sing and dance along with The Silver Circuit, Gary Crow-Willard (who trained as an opera singer at Yale) and Ellen Ranson (who was a ballet major at Juilliard). You'll be energized to face any blizzard Ol' Man Winter can hale at you! Join the Erie Active Adults for this funny and touching night of entertainment and a catered meal. **Registration deadline is February 15. This event is sponsored by Front Range Hospice. Call 303.926.2795 to register.**

Day: Friday  
Date: 5320.302 - February 20  
Time: 6:00 - 8:00 p.m.  
Fee: R \$10 / NR \$13

SAVE THE DATE!  
9Health Fair  
Saturday, April 18  
Erie Community  
Center

### **National Nutrition Month**

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Diabetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

In honor of National Nutrition Month Erie Active Adults will host events during the week of March 9 - 13. Watch for further information posted in the newsletter.

### **Erie's Got Talent - Again?**

It's back!! The 3rd annual attempt to see what Erie's Got. This is a guaranteed night of sweets, friendship, fun and laughs... no guarantees on talent! All acts are performed by our very own Active Adults and the staff and volunteers that serve them. Join us for a dessert bar and coffee, a variety of comical and talented acts, sing-a-longs, and lots of laughs at the Erie Community Center. **Registration deadline is March 15. Call 303.926.2795 to register or if you are interested in performing in the show. This event is sponsored by Front Range Hospice.**

Day: Friday  
Date: 5302.103 - March 20  
Time: 6:30 - 8:00 p.m.  
Fee: R \$5 / NR \$8

### **The Spring Senior Prom**

Reminisce your High School prom hosted by the Erie High School Student Government. Be prepared to be treated like royalty, so please dress appropriately. You will be served a catered meal by the students, and a King and Queen will be crowned. Relive your glory days with a DJ playing your favorite songs from the 40's, 50's and 60's as you dance the night away. This will be a prom you will never forget. The event is held at the Erie Community Center. **Registration deadline is April 19, call 303.926.2795 to register. This event is sponsored by Front Range Hospice.**

Day: Friday  
Date: 5336.104 - April 24  
Time: 6:00 - 8:00 p.m.  
Fee: R \$10 / NR \$13

### **Older Americans Month**

MAY is Older Americans Month! It is an opportunity to recognize and celebrate the value that elders contribute to our communities. The Erie Active Adult program honors older adults for their contributions and sacrifices by helping them stay connected, active and healthy. **Look for a free lunch in the month of May to celebrate You; sponsored by Front Range Hospice and the Erie Active Adults.**

# Active Adults 60+ (cont.)

## FITNESS & WELLNESS

### HEALTHWAYS SILVERSNEAKERS® FITNESS PROGRAM



The Healthways SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Your SilverSneakers fitness membership includes: access to our basic amenities such as our heated pool, private locker rooms, indoor track, state-of-the-art fitness equipment, racquetball courts, and lounge; SilverSneakers classes and other classes we offer such as water aerobics, yoga, Nia® or Zumba Gold®; most important, your membership is available to you at no cost through your health plan. Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence. More than 1 million members nationwide already enjoy SilverSneakers. Join them today and bring your SilverSneakers card and/or health plan ID to our Guest Service, and our friendly staff will help you enroll! SilverSneakers is a registered mark of Healthways, Inc.

#### SilverSneakers New Member Meeting

Meet your SilverSneakers Program Advisor<sup>SM</sup> and learn all about the many benefits of your SilverSneakers membership and fitness classes offered. Call 303.926.2795 for more information.

Day: Wednesday  
Date: 5351.101 - January 14  
5351.102 - February 11  
5351.103 - March 11  
5351.104 - April 8  
5351.105 - May 13  
Time: 10:00 - 11:00 a.m.  
Fee: Free

#### Erie Never Stops Walking

Join us on the Erie Community Center walking track for this indoor walking program. We will gather on Mondays as a group and walk the track for an hour. You can then choose to walk one other day during the week as your second day. On Mondays the group is led by a staff member who is there to assist and help you. We will track our progress on a map as we walk across the United States. After each session we will have a party to celebrate our great successes! Registration is not required. For questions or more information, please call 303.926.2795.

Day: Monday & One Other Day  
During the Week  
Date: January 5 - February 27  
Date: March 16 - May 8  
Time: 10:00 - 11:00 a.m.  
Fee: Free for SilverSneakers members and  
ECC Pass holders  
Daily admission for all others per visit

#### Nordic Walking

Nordic walking is defined as fitness walking with specially designed light-weight poles. The many benefits appeal to people of different ages and fitness levels and is especially useful for people with balance concerns, Arthritis, MS and Parkinson's. Two of the best things about it is that it can be done anywhere; sidewalks, trails, parks, and in any kind of weather. Learning the correct technique allows you to "open up" the short and tight muscles in front of the body (hip flexors, pectorals and shoulder muscles), and strengthen weak muscles in the back of the body (calves, hamstrings, glutes, back and triceps). By sitting too much, we create this front/ back imbalance. This class will meet in the Lehigh room to start and then move to the Civic Green. Dress appropriately for being outdoors. Taught by Hope Engel PT, DPT, GCS, Outpatient Rehab Manager, Summit Rehab. **Registration deadline is one week prior to class start date. Please bring your own poles if you have them. The instructor will have poles available for sale.**

Day: Wednesday  
Date: 5321.101 - March 4 - 25  
5321.104 - April 8 - 29  
5321.105 - May 6 - 27  
Time: 11:00 a.m. - 12:00 p.m.  
Fee: R \$19 / NR \$25



# Active Adults 60+ (cont.)

## FITNESS & WELLNESS (cont.)

### Introduction to Qi-Gong and Tai-Chi Chuan

Qi-gong (Energy Cultivation) is the practice of coordinating one's mind, breathing, and body movement to improve circulation throughout the body. Based on one's practice, mental attitude, metabolism, sleep, physical strength and balance, and thus over-all health will display significant improvement. This 75 minute class will consist of learning such movements as the: Yuan Gong, Pai Da Gong and the Ba Duan Jin (Eight Section Brocade). Tai-chi Chuan (Boundless Fist) uses the mind to lead the body and trains tranquility in motion. Slowness, lightness, balance, calmness and clarity are its qualities. Students will be taught the 13-Posture Form. Loose clothing is recommended. **Registration deadline is one week prior to class start date.**

Day: Tuesday  
Date: 5320.101 - January 6 - 27  
Time: 11:30 a.m. - 12:45 p.m.  
Fee: R \$35 / NR \$45

Day: Tuesday  
Date: 5314.102 - February 3 - 24  
Time: 11:30 a.m. - 12:45 p.m.  
Fee: R \$35 / NR \$45

Day: Tuesday  
Date: 5317.103 - March 3 - 31  
Time: 11:30 a.m. - 12:45 p.m.  
Fee: R \$45 / NR \$55

Day: Tuesday  
Date: 5316.104 - April 7 - 28  
Time: 11:30 a.m. - 12:45 p.m.  
Fee: R \$35 / NR \$45

Day: Tuesday  
Date: 5317.105 - May 5 - 26  
Time: 11:30 a.m. - 12:45 p.m.  
Fee: R \$35 / NR \$45



### Meditation Made Easy

If you feel that stress, tension and pain are becoming too much a part of your life, this is the class for you. Through this deeply relaxing form of seated, guided meditation you will acquire the tools that you can use in your everyday life to release anxiety, relieve pain, have more energy, and sleep more soundly. This is meditation made easy and a wonderful gift to give to yourself.

**Registration deadline is the Friday prior to class start date.**

Day: Monday  
Date: 5303.101 - January 26 - March 9 (No class 2/16)  
Time: 9:00 - 9:45 a.m.  
Fee: R \$29 / NR \$35

Day: Monday  
Date: 5305.104 - April 13 - May 18  
Time: 9:00 - 9:45 a.m.  
Fee: R \$29 / NR \$35

## PARTNERSHIP PROGRAMS

### MEDICARE COUNSELING

Free counseling is available to you for help with Medicare issues. Reserve a 45 minute, one-on-one appointment with a SHIP counselor, specially trained on Medicare insurance. They can help you fill out forms or answer questions. For general questions about Medicare call University of Colorado Health Senior Services 970.313.2796. Appointments are available from 12:00 - 3:00 p.m. on the 3rd Thursday of each month. Call 303.926.2795, to reserve your appointment.

- January 15
- February 19
- March 19
- April 16
- May 21

### BLOOD PRESSURE CHECKS

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the 1st Thursday of every month from 11:00 a.m. - Noon. There is no need to make a reservation, just stop in the Briggs room for a free check.

### HEARING SCREENINGS

AudigyCertified Family Hearing Centers is "HEAR" for You from 9:00 - 11:00 a.m. in the Lehigh Room. Complimentary services provided include wax removal, hearing screenings, hearing aid maintenance & repairs. Sign up for a consultation for your EAR-related needs and/or questions, 303.926.2795.

- January 15
- March 19
- May 21



# Birthday Parties

## BIRTHDAY PARTIES

All parties include one hour of activity and one hour in the party room. Activities include admission to the indoor playground, swimming pool, or climbing wall, for up to 10 children. An additional fee will be charged for each additional child. The Center will provide a quarter sheet cake in your choice of two flavors, candles, juice, plates, tablecloths, napkins, and silverware. Our staff will set up, decorate, and clean up.

### Mini-Miners Indoor Playground Party

This package includes party room rental and admission for up to 10 children to the indoor playground. Available only to children 9 years and younger.

\*Mini-Miners will still be available to public during party time.

Fee: R \$75 / NR \$89

### Swimming Pool Party

Includes party room rental and admission for up to 10 children to the swimming pool area.

\* For swimming parties the parent child ratio must be as follows:

- 1 adult for ever 5 children, under 6 years old
- 1 adult for every 10 children, ages 6 and above
- 1 adult for ever 2 children wearing any type of flotation device. Children must be within arms reach at all times.
- Accompanying adults must be in the water at all times!

Fee: R \$95 / NR \$115

### Climbing Wall Party

Includes party room rental and one hour of belay rides for up to 10 children (with a certified climbing staff member).

\*Climbing waiver required for all participants.

Fee: R \$109 / NR \$135

### Skate Park Party (ages 5-17)

Come join Square State Skate for your special day at the Erie Community Skate Park. Participants will learn all about skateboarding, from the very beginners to the kiddos who can already shred a little. Two members from the Square State Skate staff will supervise party participants while they play some skateboard related games like skate tag, skate soccer, and even get crazy with skate dodgeball! Parties are limited to 20 participants and all parties include one hour of activity and one hour at the Skate Park pavilion (please note, the hour of activity at the Skate Park is not exclusive use). The party fee includes a small gift for the birthday boy/girl and snacks or pizza for up to 20.

Day: Saturdays Only

Fee: R \$199 / NR \$249

## AVAILABLE COLORS (CHOOSE ONE):

Party Color Choices:

Pink  
Purple  
Blue  
Red  
Green  
Orange  
Black  
Yellow

Cake/Icing Choices - Vanilla or Chocolate

## ADDITIONAL INFORMATION

Fees for additional children:

Mini-Miners	R \$3 / NR \$4
Swimming Pool	R \$4 / NR \$5
Climbing Wall	R \$5 / NR \$6

Pizza is available upon request (\$10 extra per pizza)





# Parks, Athletic Fields & Shelters



	Ballfields	Basketball	Drinking Fountains	Fishing	Walking Trails	Handicapped Access	In-Line Hockey Rink	Parking	Picnic Tables	Bar-B-Q Grills	Playground	Portable Restrooms	Soccer/Playing Fields	Tennis Courts	Sand Volleyball	Skate Park	Electricity	Shelter Occupancy	Total Acres
<b>Arapahoe Ridge Park</b> 1750 Powell Street	•					•		•	•	•	•	•	•	•				8	7.3
<b>Coal Creek Park</b> 575 Kattell	•					•		•	•	•	•	•	•			•		8	7
<b>Coal Miners Park</b> 470 Cheesman						•		•	•	•	•	•			•		•	72	1
<b>Columbine Mine Park</b> 1936 Skyline Drive	•				•	•	•	•	•	•		•	•				•	30	
<b>Country Fields Park</b> 1801 Tynan Drive	•		•		•	•		•	•		•	•	•					8	29
<b>Crescent Park</b> 1300 Lombardi Street			•		•	•		•	•	•	•	•	•				•	36	
<b>Erie Community Park (ECP)</b> 450 Powers Street	•		•		•	•		•	•	•	•	•	•	•		•	•	see below	41
<b>Erie Lake</b> North of Arapahoe on HWY 287				•	•	•		•				•							31
<b>Lehigh Park</b> 751 Eichhorn Drive			•		•	•		•	•	•	•	•	•				•	42	6
<b>Longs Peak Park</b> 311 Wheat Berry Drive & 339 Meadow View Parkway	•	•			•	•		•	•	•	•		•					12	5
<b>Reliance Park</b> 900 WCR 1.5	•		•			•		•	•		•	•	•				•	12	18
<b>Thomas Reservoir</b> 2000 N. 119 <sup>th</sup> Street				•	•	•		•	•			•						12	33

## PARKS RESERVATIONS

Rent one of the many shelters at the Erie Community Park for your next party, family reunion, picnic or more! Please contact the Center at 303.926.2550 for rental fees and availability.

### ERIE COMMUNITY PARK SHELTERS

(fees are per 2 hours)	Occupancy Seated	Resident	Non-Resident	Non-Profit
Garfield (entire shelter)	100	\$40	\$50	\$35
Jackson (East Wing)	50	\$20	\$25	\$17
Stewart (North Wing)	25	\$15	\$20	\$13
McGregor (South Wing)	25	\$15	\$20	\$13
Concession (West)	24	\$15	\$20	\$13
Concession (East)	24	\$15	\$20	\$13
Skate Park (Shelter Only)	8	\$10	\$13	\$9

### ATHLETIC FIELD PERMIT DATES

Permit dates available:  
March 15 - November 15  
\* Availability is extremely limited due to sports programming

Permit applications will be accepted from November 15 - December 15 for priority consideration. Applicants will be notified the first Town business day in January. After December 15, applications will still be accepted and considered on a first come, first serve basis.

### PARK SHELTER PERMIT DATES

**Spring**  
March 15 - May 31  
(permits open to R - January 2 / NR - January 9)

**Summer**  
June 1 - August 31  
(permits open to R - April 1 / NR - April 8)

**Fall**  
September 1 - November 15  
(permits open to R - July 1 / NR - July 8)

# Facilities & Amenities



**ERIE**  
COMMUNITY  
CENTER

	Resident*	Non-Resident*	Non-Profit*
Party Room	\$30	\$39	\$25
Lehigh Multi-Purpose Room (stage)	\$30	\$39	\$25
Lloyd Multi-Purpose Room	\$40	\$50	\$30
Briggs Multi-Purpose Room	\$40	\$50	\$30
Mitchell Multi-Purpose Room	\$40	\$50	\$30
Garfield Commons (4+Kitchen)	\$150	\$189	\$125
Kitchen	\$50	\$65	\$40
Indoor Playground (After Hours)	\$75	\$95	\$60
Bouldering/Climbing Wall	\$75	\$95	\$60
1/2 Gym	\$30	\$39	\$25
Full Gym	\$60	\$75	\$50
Fitness Studio	\$40	\$50	\$30
Pool - Lap (After Hours)	\$50	\$65	\$40
Pool			
0 - 50 people	\$150	\$189	\$120
51 - 100 people	\$200	\$250	\$160
101 - 150 people	\$250	\$315	\$200

\*Prices per hour.

Occupancy	Classroom seating	Banquet seating	Boardroom seating	Theater seating
Lehigh Multi-Purpose Room (stage)	27	32	20	30
Lloyd Multi-Purpose Room	45	56	20	72
Briggs Multi-Purpose Room	54	72	20	90
Mitchell Multi-Purpose Room	51	64	20	84
Garfield Commons (all 4 rooms)	96	136	51	220

## ERIE COMMUNITY CENTER FACILITY PERMIT DATES

### Winter/Spring

January 1 - May 31

(permits open R - November 1 / NR - November 8)

### Summer

June 1 - August 31

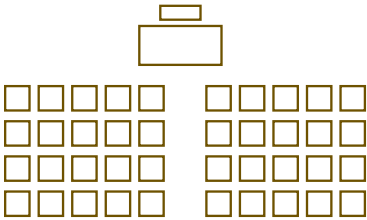
(permits open to R - April 1 / NR - April 8)

### Fall

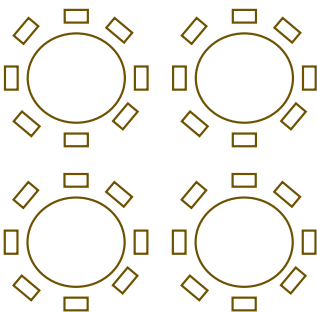
September 1 - December 31

(permits open to R - July 1 / NR - July 8)

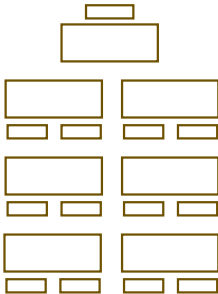
Theater



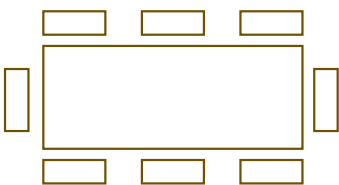
Banquet



Classroom



Boardroom



# Registration Information

## HOW DO I REGISTER?



Online at [www.erieco.gov/parksandrec](http://www.erieco.gov/parksandrec)  
Follow the links to our online registration system.



Walk-In - Register in person at the  
Erie Community Center

## WHEN DO I REGISTER FOR PROGRAMS AND CLASSES?

**Residents -**  
Saturday, November 15

**Non-Residents -**  
Saturday, November 22  
Unless otherwise noted, registration deadline is the  
Saturday before the first program meeting date.

## PARTICIPATION

Minimum participation is required for many of our activities and classes; the Parks & Recreation Department reserves the right to cancel any class due to low participation numbers. You will be notified prior to the first class if a program has been cancelled.

## VOLUNTEER OPPORTUNITIES

For volunteer opportunities with Erie Parks & Recreation please visit our website at [www.erieco.gov](http://www.erieco.gov), click on “Register for a Class” and enter keyword “volunteer”, or email us at [volunteer@erieco.gov](mailto:volunteer@erieco.gov) or call 303-926-2550.

**Opportunities available include: Special Events, Youth Sports Coaching, Parks Projects, Active Adults 60+ Programs.**

We offer a volunteer incentive program! Earn free passes to the Erie Community Center and more!  
Visit our website at [www.erieco.gov/parksandrec](http://www.erieco.gov/parksandrec) for details on the volunteer incentive program.



# SCAN ME TO VIEW THE CURRENT...

GROUP FITNESS  
SCHEDULE!



POOL  
SCHEDULE!



CLIMBING WALL  
SCHEDULE!



Kids' Nite Out Across America® is offered on Friday nights from 7:00 - 10:30 p.m. at the Erie Community Center. Kids ages 7 to 14 enjoy contests, games, age-appropriate music, sports, swimming and more!



Parents trust Kids' Nite Out Across America® to provide an active, safe and fun environment. When parents drop their children off, they have peace of mind knowing their kids are safe in a facility that is closed to the public. Staff members who have passed a comprehensive national screening and criminal background check supervise the program and engage the kids.

A parent or authorized adult must fill out a Membership Form the first time each child attends.  
Learn more at [www.kidsniteout.org/erie](http://www.kidsniteout.org/erie)

## MEMBERSHIP PROMOTION

### DECEMBER 15 - DECEMBER 31

10% off Annual Passes  
+ 1 Month Free!  
(when paid in full)

5% off Annual Passes  
+ 1 Month Free!  
(when on payment plan)

### JANUARY 1 - JANUARY 8

15% off Annual Passes  
(when paid in full)

10% off Annual Passes  
(when on payment plan)

### JANUARY 9 - JANUARY 15

10% off Annual Passes  
(when paid in full)

5% off Annual Passes  
(when on payment plan)



## NEW YEAR, NEW YOU!

Promotional discounts are only valid during dates listed.  
Contact Guest Service for additional information.

Town of Erie | Parks & Recreation Department  
450 Powers Street  
P.O. Box 1110  
Erie, CO 80516  
303-926-2550